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MONDAY JULY 8, 2019

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IPI brings in Italian A'wakeup call' workers for project

By FERDIE DE LA TORRE

ue to difficulty of bringing in construction workers to the CNMI, Imperial Pacific International (CNMI) LLC has hired Italian workers to help finish the construction of its delayed casino/resort in Garapan.

As of press time last night, Saipan Tribune was still trying to obtain a statement from IPI. Saipan Tribune learned from multiple sources that

less than 100 Italian workers recently arrived on Saipan to help finish the casino construction project.

See IPI on Page 4



Ron Mikulaco, left, and his nephew. Brad Fernandez, examine a crack caused by an earthquake on Highway 178, Saturday, July 6, 2019, outside of Ridgecrest, Calif.

By JOHN ANTCZAK, DAISY **NGUYEN and MARCIO JOSE** SANCHEZ

ASSOCIATED PRESS

RIDGECREST,

lif. (AP)—The two major earthquakes that hit Southern California should alert people across the nation of the need to be prepared for natural disasters, the state's governor said as officials expressed relief that the damages weren't worse.

Gov. Gavin Newsom said Saturday that governments must strengthen alert systems

and building codes, and residents should make sure they know how to protect themselves during an earthquake.

"It is a wake-up call for the rest of the state and other parts of the nation, frankly," Newsom said at a news conference to update the public on the state's efforts to help the region hit by earthquakes on Thursday and Friday.

Friday's earthquake was the largest one Southern California in nearly 20 years. Officials voiced concerns about the possibility of major after-

See QUAKES on Page 4



Southern California fault zones

Source: AP, Southern California Earthquake Center Graphic: Staff, TNS

TanHoldings wins float contest By MARC A. VENUS cupped by a giant hand—the entire ensemble represent-REPORTER ing the Marianas—took first TanHoldings float, place in this year's Liberation day parade float competition. which portrayed a traditional hut, called an utt, being See FLOAT on Page 4 Company employees aboard the TanHoldings float wave to spectators in last Thursday's 73rd Liberation Day celebration along Beach Road. A total of eight floats competed last week.

Violence mars parade

By KIMBERLY A. BAUTISTA

The annual Liberation Day

parade took a violent turn last Thursday when a confrontation between two men near

lated into a stabbing incident that resulted in the two being brought to the Commonwealth Health Center for treatment of their wounds.

were on patrol duty at the parade were seen responding to the stabbing incident within the crowd.

According to DPS spokes-Several Department of person Adrian Pangelinan, the tail-end of the parade esca- Public Safety officers that See VIOLENCE on Page 4



BUSINESS

Andrew Sablan Manglona goes back to his roots with Drew's Bar & Grill.

PAGE 16



A few thousand mothers rally in support of young protesters in Hong Kong.

PAGE 17



LIFE & STYLE

A Lithuanian man and his wife have won the world 'wife carrying' title.

PAGE 20



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2 MONDAY, JULY 8, 2019 SAIPAN TRIBUNE

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Local

A plaque made from a tree felled by typhoon



CONTRIBUTED PHOTO

Commonwealth Health Care Corp. chief executive officer Esther Muña, second from left, receives the hand-carved plaque made by former Commonwealth Health Center medical director Dr. Richard Brostrom from Public Health medical director Dr. Phuong Luu.

By MARK RABAGO

mark_rabago@saipantribune.com ASSOCIATED EDITOR

Former Commonwealth Health Center medical director Dr. Richard Brostrom has given a piece of the hospital back to the hospital to acknowledge its hardworking staff during the onslaught of Super Typhoon Yutu in October of last year.

In a lowkey ceremony, Public Health medical director Dr. Phuong Luu presented Commonwealth Health Care Corp. chief executive officer Esther Muña with a hand-carved plaque from Brostrom.

The plaque is no ordinary one as the hand-carved memento was made from a piece of monkey pod tree that stood by the hospital entrance until it was felled by the typhoon.

The plaque from Brostrom, who is also a former tuberculosis doctor at CHC and is now with the Centers for Disease Control and Prevention, reads: "Recognizing CHCC staff for their resilience and determination to deliver lifesaving healthcare to the CNMI community in the devastating aftermath of the strongest typhoon ever recorded in the North Pacific."

While thanking Brostrom for the gift, Muña shared that CHCC's successes during the typhoon was also due to the support they got from their external partners like the Office of the Assistant Secretary for Preparedness and Response, Centers for Disease Control and Prevention, and the World Health Organization.

"Having Dr. Brostrom, a former resident of the CNMI, and others who understood the demographics and geography of the CNMI, as part of the response team made our operations faster, more effective, and more efficient. This beautiful gift from Dr. Brostrom,

carved from a piece of the CHCC, really shows how our partnership has evolved and grown into more of a family. We are grateful to all of the responders who helped us in our time of need, but I do want to single out Dr. Dick Brostrom, Scott Lee, Sean Casey, Mark Young, Thane Hancock, and Brad Austin for their support and commitment to the CNMI and its community. This gift is certainly a representation of how the CHCC and the CNMI continue to be strong and resilient," she said in a statement to Saipan Tribune.

The hospital CEO also emphasized that CHCC's mission after a huge storm like Yutu was not only to ensure that the hospital was prepared and available to provide emergency care and treatment to those who need it, but also to ensure that it reaches out to individuals who aren't able to prioritize their medical needs after something as traumatic as a super typhoon.

"We were able to do this through our outreach clinics in San Antonio and Dandan some of the worst affected areas of the island—which would not have been possible without the support and manpower provided by our partners. Those first 30 days of our response and recovery maximized care at the front end, which helped reduce the community's need for care later when medical conditions may have worsened for people unable to avail of hospital services and when we would not have had the extra support provided in the early stages of the response," she said.



'Election integrity bill is good for the CNMI' House Speaker Blas Jonathan Gregorio Kilili C. Sablan (Ind-House of the Representatives. the election process.

House Speaker Blas Jonathan Attao (R-Saipan) said he absolutely agrees with the legislation co-sponsored by Delegate Gregorio Kilili C. Sablan (Ind-MP) that aims to secure America's federal elections. The bill recently passed the U.S.

House of the Representatives.

Attao said the bill will give the CNMI access to some federal grants that will assist in

According to Saipan Tri-

bune archives, Khan pleaded

guilty back in January to

count two of the indictment

charging him with fraud and

Visa fraud carries a maxi-

mum penalty of not more than

10 years of imprisonment and

a fine not to exceed \$250,000.

guilty plea, the U.S. govern-

ment agreed to recommend a

sentence of five months and to

dismiss the remaining count of

In exchange for Khan's

misuse of a visa.

Sablan earlier said the SAFE Act that he co-sponsored con-

tains his long-expressed goal

the indictment upon sentencing.
Khan and his business partner allegedly engaged in fraud in the applications for CNMI-Only Transitional Worker program permits.

Khan's business partner and co-defendant, Kosuke Tomo-kiyo, pleaded guilty to count four of the indictment charging him with fraud and misuse of visas and permits.

Tomokiyo has since been sentenced to one-year probation. (*Kimberly A. Bautista*)

to include the CNMI in the definition of "state" under the Help America Vote Act, and makes the CNMI eligible for several new grants to ensure the integrity of elections nationwide and in the Marianas.

Sablan said passage of the SAFE Act and the inclusion of the CNMI in Help America Vote Act is especially timely, given the recent report by the Office of the Public Auditor that there are problems with the integrity of the 2018 elections.

Attao said he was aware of the OPA report that determined that the Commonwealth Election Commission failed to account for all the ballots during the November 2018 general election.

"That's very discouraging and kind of sad to hear or know something like that," Attao said.

With the passage of the SAFE Act in the U.S. Congress, Attao hopes it can help CEC properly carry out elections in the CNMI.

Attao stated, however, that it is to CEC's credit that they did improve during the last special election as per OPA's findings.

OPA found that CEC could not properly account for the number of ballots available, used and unused during the 2018 general election, but also determined that CEC improved in its processes over ballot accountability during the March 23, 2019 special election. (Ferdie De La Torre)

Sentencing for charcoal-maker rescheduled

The sentencing for Mizanur Khan, the part-owner of a company that makes charcoal, has been pushed back to a later date to give the defense more time to review the presentence report and submit any objections they may have.

Defense lawyer Colin Thompson asked the U.S. District Court for the NMI for more time to file any objections to the U.S government's presentence investigation report for Khan. His motion was unopposed.

Chief Judge Ramona Manglona granted the extension last Friday.

Manglona ordered Thomp-

son to submit his objections on or before July 15, giving him enough time to review the presentence investigation report and to confer with his client.

The sentencing hearing for Khan has been moved from July 1 to Aug. 30 at 9am.

According to an online source, a presentence investigation report is an investigation into the history of a person who has been convicted of a crime. A judge can determine the severity of the punishment to be imposed by using this report.

Assistant U.S attorney Eric O'Malley represents the U.S government in the case while Thompson represents Khan.

NMI Girl Scouts hosts troop meeting

The Northern Mariana Islands Girl Scouts hosted its first troop meeting last Saturday at the Gualo Rai Youth Center.

The new troops were introduced to the Girl Scouts motto, how the Girl Scouts operate, and the things that the troops will learn over time.

Victoria Adams of the USA Girl Scouts Overseas Japan, informed *Saipan Tribune* that they will begin selling Girl Scouts cookies this spring. The cookie sales will provide funding for the NMI Girl Scouts.

She mentioned that selling the cookies helps Girl Scouts understand entrepreneurship and money management skills. It also creates opportunities for public speaking and enhances confidence.

government in the case while Thompson represents Khan.

Sts troop meeting

The NMI Girl Scouts program was revived by 2018

Miss Marianas Celine Cabrera, who also serves as one of three

troop leaders for the NMI Girl Scouts; 2019 Miss Marianas Shannon Sasamoto and Jaki Fujihara are the remaining girl scout troop leaders.

NMI Girl Scouts vice president Laila Boyer thanked the CNMI Office of Youth Affairs

place. (Marc A. Venus)

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QUAKES

From Page 1

shocks in the days and even months to come.

No fatalities or major injuries were reported after the 7.1-magnitude quake, which jolted an area from Sacramento to Mexico and prompted the evacuation of the Navy's largest single landholding, Naval Air Weapons Station China Lake in the Mojave Desert.

The quake struck at 8:19 p.m. Friday and was centered 11 miles (18 kilometers) from Ridgecrest, the same area of the desert where a 6.4-magnitude temblor hit on Thursday. It left behind cracked and burning buildings, broken roads, obstructed railroad tracks and leaking water and gas lines.

The light damage was largely due to the remoteness of the area where the earthquake occurred, but Newsom cautioned after touring Ridgecrest that "it's deceiving, earthquake damage. You don't notice it at first."

Newsom estimated more than \$100 million in economic damages and said President Donald Trump called him to offer federal support in the rebuilding effort.

"He's committed in the long haul, the long run, to help support the rebuilding efforts," Newsom said of Trump.

Only 28,000 people live in the Ridgecrest area, which is

sandwiched between more populated areas of Southern California and Las Vegas' Clark County. But seismologists warned that the area could see up to 30,000 aftershocks over the next six months.

April Hamlin said she was "already on edge" when the second quake rattled her Ridgecrest home. She and her three kids initially thought it was another aftershock.

"But it just kept on intensifying," Hamlin said. "The TV went over, hanging by the cord. We heard it break. We heard glass breakage in the other rooms, but all we could do was stay where we were until it stopped."

With the possibility of aftershocks and temperatures forecast to reach 100 degrees (38 Celsius) over the next several days, officials were taking precautions.

The California National Guard was sending 200 troops, logistical support and aircraft, Maj. Gen. David Baldwin said. The Pentagon had been notified, and the entire California Military Department was put on alert, he said.

Naval Air Weapons Station China Lake said in a Facebook post that nonessential workers were evacuated and operations halted. The epicenters of both quakes were on the base, and officials said they are continuing to assess damage. Officials said most employees live off the base and in Ridgecrest, but they authorized the evacuation so those who live on base can be eligible for reimbursements.

The California Office of Emergency Services brought in cots, water and meals and set up cooling centers in the region, Director Mark Ghilarducci said.

State highway officials shut down a 30-mile (48-kilometer) section of State Route 178 between Ridgecrest and the town of Trona southwest of Death Valley because of a rockslide and severe cracking. The move left Trona temporarily cut off. California Department of Transportation spokeswoman Christine Knadler said crews worked through the night to patch the roadway, but it remained rough and uneven.

Ron Mikulaco, 51, and his nephew, 23-year-old Brad Fernandez, stood on 178 on Saturday looking at the cracks. The pair drove from Huntington Beach, about 170 miles (274 kilometers) southwest of Ridgecrest. Mikulaco, an amateur geologist, wanted to show his nephew "the power of Mother Nature," and they had the epicenter's latitude and longitude coordinates ready.

"We put that in the GPS, and we'll get as close as we can," Fernandez said.

In Ridgecrest, local fire and police officials said they were

initially swamped by calls for medical and ambulance service. But police Chief Jed McLaughlin said there was "nothing but minor injuries such as cuts and bruises, by the grace of God."

Two building fires—one involving a mobile home—were quickly doused, McLaughlin said, and natural gas lines where leaks were reported were shut off.

When asked to describe what he has been going through in the past two days, the chief said: "Grief, shock and then, for me, pride in what I've seen from here, my people. It's been a vast range of emotions, and I think the whole community's going through that."

In Trona, a town of about 2,000 people considered the gateway to Death Valley, fire officials said up to 50 structures were damaged. San Bernardino County Supervisor Robert Lovingood said FEMA delivered a tractor-trailer full of bottled water because of damage to water lines. Newsom declared a state of emergency for the county.

Julia Doss, who maintains the Trona Neighborhood Watch page on Facebook, said the only food store in town is a Family Dollar store that was shuttered Saturday.

"The only way to get food is to drive to Ridgecrest, and with only three gas stations in town

I'm worried we may soon run out of fuel," Doss said.

Antoun Abdullatif, 59, owns liquor stores and other businesses in Ridgecrest and Trona.

"I would say 70% of my inventory is on the floor, broken," he said. "Every time you sweep and you put stuff in the dust bin, you're putting \$200 in the trash."

But he has stopped cleaning up, believing another earthquake is on the way.

Lucy Jones, a seismologist at the California Institute of Technology and a former science adviser at the U.S. Geological Survey, said the

new quake probably ruptured along about 25 miles (40 kilometers) of fault line and was part of a continuing sequence. The seismic activity is unlikely to affect fault lines outside of the area, Jones said, noting that the gigantic San Andreas Fault is far away.

Egill Hauksson, another Caltech seismologist, said later in the day that scientists believe the continuing sequence could produce more than 30,000 quakes of magnitude 1 or greater over six months. He said the probability of a magnitude 7 over the next week is about 3%, but one or two magnitude 6 quakes are expected.

FLOAT

From Page 1

The United Organization took second place for the float competition, featuring a vehicle destroyed during the wake of Super Typhoon Yutu and members dressed up as military personnel and aid officers to display the Marianas after the super typhoon.

Eusebio Borja and his family's entry came in third place, featuring an old-school bull cart called a *karetan guaka*, which is a traditional cart. In Thursday's parade, it was being drawn by a *mwar*-wearing russet cow and being led by Borja family members dressed in islandwear.

The Governor's Office float, which was created in collaboration with the Carolinian Affairs Office, completed the top four winners. Their float entry consisted of destroyed homes and its members as the people of the CNMI working together in the wake of Super Typhoon Yutu.

Parade subcommittee chair Brad Ruszala announced the names of the winning floats last Thursday as the Liberation Day festivities at the Garapan Fishing Base were winding down.

The winning float gets \$3,000. The second-best float gets \$2,000, while the third and fourth placers get \$1,000 and \$500, respectively.

This year's theme for the float competition was "Marianas Strong" and competitors were challenged to show how the people of the CNMI were able to endure and continue on after Super Typhoon Yutu.

In total, 14 floats were exhibited in last Thursday's parade, with eight competitive floats and six non-competitive floats.

The 2019 Liberation Day Committee also announced the winners of the Liberation Day raffle. Jadren Lutop took home the grand prize of \$10,000, while Jennifer Lizama won \$5,000 as the first-place winner. The second-place winning ticket had no name and the winner would receive \$3,000. Completing the raffle was Micky Itibus, who will be receiving \$1,000.

The Liberation Day Committee informed *Saipan Tribune* that they printed about 150,000 tickets prior to this year's Liberation Queen fundraising pageant and raffle.



Rose Ann Austin, top left, walks past an earthquake-damaged brick fence on her family's property Saturday, July 6, 2019, in Trona, Calif.

VIOLENCE

From Page 1

one of the men has since been brought to the Department of Corrections for assault with a dangerous weapon.

DPS has yet to disclose the names of the men involved in the incident.

The first individual, a man wearing a green T-shirt, had about an inch laceration on his right pinky finger while the second individual, a man wearing a red T-shirt, had a one-and-a-half-inch laceration on his upper back.

Medics arrived at the scene and immediately assisted the man wearing red, as his injuries were more severe.

According to police, DPS officers were doing routine patrol along Beach Road at about 4:27pm during the Liberation Day parade when they noticed sudden yelling coming from a crowd of spectators.

Officers immediately rushed over to the scene where

they immediately noticed two men, one in red and one in green, being pulled away from one another.

Responding officers learned that the man wearing red was walking along the Beach Road Pathway toward the carnival grounds in the Garapan Fishing Base when an individual called him over. As the two were talking, the man wearing a green T-shirt walked up and allegedly head-butted the man wearing red.

The man in green was al-

legedly heard telling family members that the man in red had previously beaten up his younger brother.

People in the area pulled the two apart and told the man in red to walk away but as he turned to walk away, the man wearing green stabbed him.

At about 4:37pm, the man in red was brought to CHC where he was stitched up while the man in green was also brought to CHC before he was brought to DOC.

IPIFrom Page 1

Sources said the Italian workers went to the Commonwealth Casino Commission last week possibly to get their licenses to work on the construction site.

Sources said the hired Italians are all construction workers who will work on the façade of the building.

It is not clear as to why IPI has chosen to hire Italians.

A few months ago, the CNMI Department of Labor granted IPI's request for an exemption from the 30% U.S. citizen hiring requirement for construction jobs. Labor, however, allowed IPI such exemption for two years only.

In 2017, nonresident construction workers were

barred from the CNMI-Only Transitional Worker visa program. Early this year, the U.S. Department of Homeland Security removed the Philippines from the list of countries whose workers are eligible for H-2B visas. Filipinos and Chinese used to be the main source of IPI's construction workers. Because of DHS' removal. last February IPI reported that half of its 800 construction workers left the island because of the expiration of their H-2B visas.

It was also reported early this year that IPI is also trying to hire construction workers in South Korea and Taiwan as the two countries are on the DHS list of H-2B eligible nations.

IPI aims to finish its casino/resort project in February 2021.

Group marks memorial's 4th year



Lt. Gov. Arnold Palacios and Saipan Mayor David Apatang deliver incenses to the altar, as Bishop Ryan Jimenez, rightmost, awaits his turn during last Saturday's memorial service at the Aqua Resort Club parking area.

MARC A. VENUS

By MARC A. VENUS

marc_venus@saipantribune.com
REPORTER

Kuentai-USA, in collaboration with CNMI officials, hosted the fourth annual memorial blessing at the Aqua Resort Club parking area last Saturday to honor the burial sites of Japanese and American soldiers who were killed during the Battle of Saipan.

Among those in attendance were Lt. Gov. Arnold I. Palacios, Saipan Mayor David M. Apatang, Bishop Ryan Jimenez, and Japanese Consul Ono Kazuhiko.

Apatang believes that the future generations of the CNMI must be entrusted to understand the meaning of life and to respect differences. "We must continue to promote peace among future generations," Apatang said.

Ono, who has just been assigned to the CNMI, learned about the Battles of Saipan and Tinian, and he was curious about the presence of many accomplished officers on Saipan. He was also pleased to hear the compliments of CNMI officials about their respect of the Japanese tradition and prayers for peace for both the CNMI and Japan.

"I hope that this memorial service will continue for many years to come," he added.

Jimenez recognizes that differences in faith does not hinder one's respect for the dead. "One thing that binds us together is our respect for the dead," Jimenez said.

The blessing was hosted

by a combination of Shinto and Buddhist monks. In total, there were five Shinto priests and three Buddhist monks.

The ceremony held the two different religions' form of blessing the dead, while also incorporating the audience to participate in the rituals and prayers; they invited the audience to offer the incenses for the dead.

Kuentai-USA is a non-profit organization created by Kuentai-Japan, a group that locates the remains of past Japanese soldiers. When the group locates the remains of fallen U.S. soldiers, they deliver the remains back to the U.S. Their mission is "to repatriate as many, and as quickly as possible before it gets too late."

The group reports that a total of 4,110 American troops were killed during the Battle of Saipan, with 510 being considered as "missing in action" and 71 being considered "unknown," meaning the remains have no means of identification.

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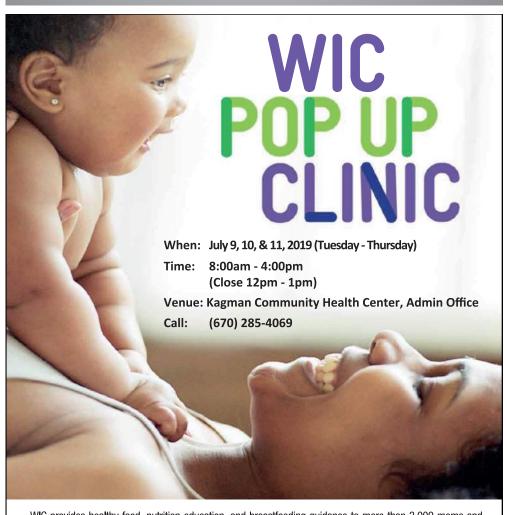
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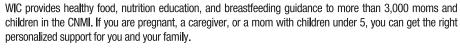
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PUBLIC NOTICE

Governor Ralph DLG. Torres, Lt. Arnold I. Palacios, and the Northern Marianas Housing Corporation (NMHC) Board of Directors, through its Chairwoman of the Board, Aubry Hocog, wish to announce that the Program Year 2019 Annual Action Plan is available for the public's review and comments. The Action Plan encompasses applications for the Community Development Block Grant (CDBG), Home Investment Partnerships (HOME), and Emergency Solutions Grant (HESG) Programs in the Commonwealth. Comments may be directed to Ms. Tricia Tenorio, Planner, NMHC Central Office, P.O. Box 500514, Saipan, MP 96950, or by fax to (670) 234-9021. Deadline for the comment period is August 7, 2019, no later than 4:30 p.m.

The Plan is available for public review and inspection at NMHC's Central Office in Garapan, Saipan, and at the respective NMHC Field Offices in Tinian and Rota during regular business hours, 7:30 a.m. to 4:30 p.m., Monday through Friday, except for CNMI holidays. Individuals needing special accommodations to review and comment on the plan must contact Mr. Jacob Muna for arrangements by calling (670) 234-6866/7689 during regular business hours.

Zenie P. Mafnas **Deputy Corporate Director** /s/

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Commonwealth of the Northern Mariana Islands Commonwealth Judiciary

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INVITATION TO BID ITB19-JUDICIARY-02

GUMA' HUSTISIA SKYLIGHT PROJECT

The Judiciary of the Commonwealth of the Northern Mariana Islands ("Judiciary") is soliciting sealed bids for its Skylight Project at the Guma' Hustisia, limwal Aweewe, House of Justice building ("Guma' Hustisia"), located at Beach Road, Susupe, Saipan, MP 96950. This project involves the demolition of existing skylights and its replacement with concrete caps and skylights.

A copy of the bid package may be obtained by visiting the Accounting Services Unit's Cashier Window, located next to the main entrance to the Guma' Hustisia, between 8:00 a.m. to 4:00 p.m., Monday to Friday, excluding observed holidays, upon registration completion. The bid package also contains architectural-engineering drawings and specifications that must be retrieved online at www.justice.gov.mp. For website issues preventing access, please contact Budget and Finance Director John T. Villagomez at john.villagomez@justice.gov.mp. A \$25.00 non-refundable fee for the bid package will be assessed. Payment must be made payable to the CNMI Judiciary upon registration and bid package retrieval. Payment may be made by visiting the Accounting Services Unit Cashier Window

Sealed bids, containing one (1) original and three (3) copies must be placed in an envelope marked "ITB19-Judiciary-02, Skylight Project," and submitted in person to the Accounting Services Unit Cashier Window, located next to the Guma' Hustisia's main entrance, Beach Road, Susupe, Saipan, no later than 2:00 p.m. on July 8, 2019 (ChSt).

Mandatory Pre-Bid Conference. A mandatory pre-bid conference followed by a site visit is scheduled for 10:00 a.m. on June 26, 2019 at the Judiciary's Supreme Court conference room located at the Guma' Hustisia.

Bid Opening. Bids will be publicly opened and read at 3:00 p.m. on July 8, 2019, at the Judiciary's conference room located at the Guma' Hustisia.

Bid Security. A Bid Security of fifteen (15%) of the total bid price must accompany bids. Bid security must be in a bid bond, in cash, by certified check or cashier's check. A surety company shall hold the certificate of authority from the U.S. Secretary of the Treasury as an acceptable surety or other surety acceptable to the Attorney General. If a bid bond is submitted, it must be accompanied by an Insurer Clearance Certification (ICC). (ICC may take up to

Bonds, A Payment Bond of one hundred percent (100%) and a Performance Bond of one hundred percent (100%) of the total bid price must be furnished by a certificate of authority from the United States Secretary of Treasury as an acceptable surety. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands ("CNMI")

Insurer Certification Clearance (ICC). Bidders shall submit a clearance from the CNMI Department of Commerce, Office of the Insurance Commissioner (OIC) certifying their insurer of choice is in compliance with the CNMI's Insurance Code

Surety Questions, Questions and concerns on authorized Surety must be directed to the OIC.

Project Questions. All questions regarding ITB19-Judiciary-02 must be submitted via email to Budget and Finance Director John T. Villagomez at john.villagonez@justice.gov.mp by 12:00 p.m. on June 27, 2019. Responses will be provided to all registered, potential bidders via email no later than July 2, 2019

Performance Period. The performance period for this project is sixty (60) calendar days, beginning with the date a Notice to Proceed is issued

All bids received shall become the sole property of the Judiciary. The Judiciary reserves the right to reject any or all bids and to waive any imperfection in a bid that does not affect the elements of price, quantity, and delivery of the bid, in the best interest of the Judi

Bidding procedures will be in full compliance with the CNMI Procurement Regulations currently in effect and with the Northern Mariana Islands Administrative Code (NMIAC) §70-30-3-725 Gratuities and Kickbacks and §70.30.3-730 Prohibition Against Contingent Fees. All wage rates for employees performing the work, labor and services on this project shall be paid at the current U.S. prevailing wage rates established for the nonwealth of the Northern Mariana Islands

/s/ Alexandro C. Castro

/s/ John T. Villagomez Budget & Finance Director

Blanco: MPLT bill on \$15 million loan needs 15 'yes' House votes Since it addresses a constituMPLT to withhold did not indicate

tional issue, the bill that would authorize the Torres administration to secure a \$15-million from the Marianas Public Land Trust would require 15 "yes" House votes, according to House Ways and Means Committee chair Rep. Ivan A. Blanco (R-Saipan)

He is confident, though, that the bill, authored by House Speaker Blas Jonathan Attao (R-Saipan), will secure enough votes at the next House of Representatives session to pass.

Fifteen "yes" votes translate to two-thirds of the House.

In an interview last week, Blanco said that everybody from both the majority and the minority sides feels that the MPLT funding can immediately jumpstart the economy.

Attao's House Bill 21-44 pledges as security the interest income distributions from MPLT. It also authorizes the and to retain net annual distributable interest income starting fiscal year 2020 and beyond as necessary. It creates a credit facility to address bond obligations and retirement settle- Blanco ment fund payments.

The MPLT board has chosen to use the term "loan" instead of "line of credit" and set the interest rate at 7.5%, to be paid in five years. That means Attao will need to amend his bill to change the term "line of credit" to "loan" to reflect what the MPLT is more comfortable with. The Torres administration earlier referred to the amount it was seeking as a "line of credit."

Last Friday, Attao set a special session for today, Monday, at 2pm, and H.B. 21-44, was among the items on the calendar. The speaker later cancelled the session mid-weekend; he

did not indicate the reason for the cancellation.

House's records, however, showed that four representatives— Richard Lizama, Ralph Yumul, Marco T. Peter, and Christina Marie E. Sablan—are

either currently off-island or will be going off-island starting today, Monday, for personal and business reasons. The four earlier asked to be excused from all meetings or sessions.

Blanco is confident that the bill will easily pass in the House and go to the Senate as there are vendors that have not been paid and frontline workers that are still waiting for their partial payment.

"Once we infuse the money to the economy comes back as [business gross revenue tax]. It recycles," Blanco said. (Ferdie De La Torre)

Labor: EAD opening doesn't need announcement

Companies don't actually have to report job openings for Employment Authorization Document holders in their quarterly compliance submission requirement.

Labor Secretary Vicky Benavente clarified this in an email to Saipan Tribune, saying, "Employers of EAD

holders do not have to advertise the job vacancy on the DOL website."

"There are EAD holders who are already employed in the CNMI, but their [job opening] does not have to be announced when it comes time to renew with the U.S. Citizenship and Immigration Services," she added.

Labor has noted that workers under the CNMI-Only Nonresident Worker visa program had the lion's share of job openings in 2018 at 30,678, followed by H-2A at 8,359, H-2B at 2,550, H-1B at 151, EB3 at 125, EB2 at 20, and H-2A at 15. (Mark Rabago)



CAPITAL IMPROVEMENT PROGRAM — OFFICE OF THE GOVERNOR COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Tel: (670) 664-2371 | Fax: (670) 664-2408 | Caller Box 10007, Saipan, MP 96950

ADDENDUM NO. 1 June 20, 2019 ITB19-GOV-083

SUPPLY & DELIVERY OF ROLL-OFF TRUCK WITH CABLE HOIST for the TINIAN TRANSFER STATION

- 1. Fourth paragraph: The pre-bid conference for this project is scheduled for July 3, 2019, 10:00 a.m. ChST at the CIP Office in Capitol Hill, Saipan. Questions concerning this project shall be directed to Ms. Nerissa Benavente at nerissa.cip@gmail.com or Ms. Elizabeth S. Balajadia at esb.cip@gmail.com no later than July 12, 2019, 4:30 p.m. ChST.
- 2. Fifth paragraph: Sealed bids must be marked ITB19-GOV-083 Supply & Delivery of Roll-Off Truck with Cable Hoist for the Tinian Transfer Station. For bidders within the CNMI, an original and two copies of sealed bids must be submitted to the Director of Procurement and Supply, located at the former Emergency Management Office, Building No. 1301, Ascension Drive, Capitol Hill, Saipan no later than 10:00 a.m., Saipan Local Time on July 29, 2019. Bidders located outside of the CNMI may obtain an additional seven (7) working days for receipt of their bids by submitting a Notice of Intent to Bid. Notices of Intent to Bid must be received by the Director of Procurement and Supply no later than 10:00 a.m., Saipan Local Time, July 29, 2019, and must be transmitted via facsimili to (670)664-1515, or via e-mail to procurement@cnmidof.net. For bidders located outside the CNMI, an original and two copies of sealed bids must be postmarked by the U.S. Postal Service of the official government postal service of a foreign country no later than July 29, 2019, and must be received no later than 10:00 a.m., Saipan Local Time, on August 7, 2019. Note that failure to submit the required number of copies may be cause for rejection of a bid.

Bids will be publicly opened and read at the Division of Procurement and Supply, located at the former Emergency Management Office Building No. 1301, Ascension Drive, Capitol Hill, Saipan, at 10:00 a.m., ChST, August 8, 2019. However, if no notices of Intent to Bid are received from bidders from outside the CNMI, bids will be opened at 10:00 a.m., Saipan Local Time, on July 29, 2019.

SAIPAN TRIBUNE MONDAY, JULY 8, 2019 **7**



2019 CNMI LIBERATION DAY COMMITTEE



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COMMUNITY BRIEFS

Two from USCIS to offer workshops

U.S. Citizenship and Immigration Services Western Regional Community Relations lead Jennifer Lane and Honolulu Community Relations officer Kamana Mathur will present two workshops at the Joeten Kiyu Public Library on Wednesday, July 10, from 3:30pm to 5pm. The two will give an immigration overview and discuss how to become a U.S. citizen. The public is welcome to join these free presentations. For more information or to RSVP, call (670) 235-7322.

Survivors, caregivers support meeting on **Thursday**

All people facing cancer, their family members, and caregivers are invited to the next Commonwealth Cancer Association monthly support meeting on Thursday, July 11, 2019, starting at 5:30pm at the Hyatt Regency Saipan's Chamolinian Room. Guest speaker is Dr. Peter B. Brett, who is an onncologist at the Commonwealth Health Center. To RSVP or for more information, call the CCA at 682-0050 or email at ccamarianas@gmail.com. (PR)

Guam tax refunds out

HAGATNA Guam—Todav. July 8, 2019, the Department of Revenue & Taxation and Department of Administration will mail over 110 tax refund checks totaling over \$3 million, including refunds garnished to repay government debts, for error-free returns filed on or before Feb. 7, 2019. For inquiries, contact Income Tax Branch, Department of Revenue & Taxation at (671) 635-1840 or Edward Birn, Department of Administration at (671) 475-1250. (PR)

USCIS reps at July

SHRM meeting

The membership meeting of the Society for Human Resource Management NMI Chapter on Thursday, July 11, 2019, will feature U.S. Citizenship and Immigration Services representatives who will talk about the E-Verify program and form I-9. The meeting will take place at the Hyatt Regency Saipan's ballroom beginning at 11am.

Rea Bisa, USCIS management and program analyst, Kamana Mathur, USCIS community relations officer, and Jennifer Lane, regional community relations lead, will do a 30-minute presentation followed by a 30-minute question-and-answer session.

This meeting is open to the public. The presentation includes a lunch buffet at the cost of \$20 for SHRM members and \$30 for non-members. Seats are limited, so reserve your seat by contacting Penny Jones by email at penelope.jones@hyatt. com or Denise Montenegro at denise.montenegro@hyatt. com or by telephone at 323-5867/68. **(PR)**

CHamoru commission meetings

The Kumisión i Fino' CHamoru van i Fina'nå'guen i Historia yan i Lina'la' Taotao Tåno' (Commission on CHamoru

Language and the Teaching of History and Culture of the Indigenous People of Guam) will hold its monthly meetings on July 11 and 25, 2019, 12:30pm to 3pm at the Kumision office, The Garden House, Plasa de Espana, Hagatna.

A work session will be held on Thursday, July 18, 2019, from 12:30pm to 3pm, at the same venue to discuss the GDOE CHamoru Language Teachers CHamoru Language Orthography.

For further information call commission chair Hope Alvarez Cristobal at 483-0097 or secretary Rosa Salas Palomo at 727-5522. (PR)

Commonwealth of the Northern Mariana Islands Commonwealth Judiciary

Guma' Hustisia, Iimwal Aweewe, House of Justice P.O. Box 502165, Saipan MP 96950 Telephone (670) 236-9770 • Facsimile (670) 236-9797

REQUEST FOR PROPOSALS RFP19-JUDICIARY-07

SUBMISSION DATE: July 17, 2019 TIME: 3:00 P.M.

"WINDOW CAULKING"

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THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS. NMIAC SECTIONS 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES. KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL PROPOSALS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/s/ ALEXANDRO C. CASTRO **CHIEF JUSTICE**

/s/ JOHN T. VILLAGOMEZ **JUDICIARY PROCUREMENT OFFICER**

Commonwealth of the Northern Mariana Islands Commonwealth Judiciary

Guma' Hustisia, Iimwal Aweewe, House of Justice P.O. Box 502165, Saipan MP 96950 Telephone (670) 236-9770 • Facsimile (670) 236-9797

REQUEST FOR PROPOSALS RFP19-JUDICIARY-08

SUBMISSION DATE: July 31, 2019 TIME: 3:00 P.M.

"ROTA ROOF REPAIR"

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THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS. NMIAC SECTIONS 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES. KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL PROPOSALS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

/s/ ALEXANDRO C. CASTRO CHIEF JUSTICE

/s/ JOHN T. VILLAGOMEZ JUDICIARY PROCUREMENT OFFICER

Saipan International Real Estate Corp.

P.O. Box 10003 PMB 388 Beach Road, Garapan, Saipan Tel. No: (670)233-5888

Job Title: Accountant

Job Duty: 1. Compute federal/local taxes owed and prepare tax returns, reporting or other tax requirements. 2. Prepare monthly BGRT and Financial statements, bank reconciliations (monthly/yearly). 3. Computes payroll of employees 4. Prepares permit and license application as required by Federal and CNMI government.

Required Education and Experience: Bachelor's degree from an accredited college in accounting, finance or related field. Must have 3 years of working experiences as an Accountant with Employment Certificate. Knowledge in utilizing various office equipment and software. Must have a current CNMI Driver's License and Police Clearance require

Full or Part time \$15/hr

B&J CORPORATION Dba Dive Y2K/ Olive Style

Has an opening for

SCUBA DIVING INSTRUCTOR (1)

DUTIES

To do scuba diving tours, training underwater scuba diving, teach driving to individuals or groups,

Explains and demonstrates use of apparatus and equipment. Operates and maintain high pressure compressor for fill-up of

Explains safety guidelines and procedures to customers. Clean and check Scuba Diving gears and apparatus equipment for any defect or break. Does other related jobs.

REQUIREMENTS

- Two years related experience.
- At least High School Graduate
- Must possess a valid Scuba Diving Instructor license from NAUI or PADI
- Must be willing to work with flexible schedule
- Must be able to speak, read and write the Korean language for better communications with Korean tourist customer.

SALARY: \$11.70/HOUR

Interested applicants Send resume to BnJcorp2019@gmail.com or call 1-670-233-6322 (Monday to Friday, 8am-5pm except holidays)

This is a temporary full time position.

B&J CORPORATION Dba Dive Y2K/ Olive Style

Has an opening for

RESERVATIONS SALES AGENT (1)

DUTIES

- Make arrangement and accept reservations from Hotel/Tour Agency and Walk in Customers.
- Make daily schedule for Dive arrangements and schedules.
- · Explain Diving Tour packages to tourist customers.
- · Make Daily Sales report and record receipt of payments from customers.

REQUIREMENTS

- · At least High School Graduate
- Must be knowledgeable in computer programs (Excel, Word and Online Reservations System)
- At least 3 year related experience in travel/tourism industry.
- Knowledge in Scuba Diving activities is a plus.
- Police Clearance required.
- Prior work experience certificate required.
- · Police clearance and previous employment certificate will be equally applied to both U.S. Workers and CW-1 Workers.

SALARY: \$8.54/HOUR

Interested applicants Send resume to BnJcorp2019@gmail.com or call 1-670-233-6322 (Monday to Friday, 8am-5pm except holidays)

This is a temporary full time position.

B&J CORPORATION Dba Dive Y2K/ Olive Style

Has an opening for

SALES MANAGER (1)

DUTIES

Direct overall operation of business related matters such as managing staff, pricing, distribution of products or service to the customers.

Analyze sales statistics gathered to determine sales and service. Review Operation records and reports to project sales and determine profitability.

Determine price schedules and discount rates.

OUALIFICATIONS

- High School Graduate with 4 years related experience.
- At least 4 years related experience
- Excellent written and oral communications skills in Korean/English preferred.
- Good customer relation skills
- Knowledge in clothing trends is required.
- Strong sales background required.
- Police clearance required.
- Previous employment certificate required.
- Requirements will be equally applied to both US workers and CW-1 Workers.

SALARY: \$13.92/HOUR

Interested applicants Send resume to BnJcorp2019@gmail.com or call 1-670-233-6322 (Monday to Friday, 8am-5pm except holidays)

This is a temporary full time position.

Scheduled power interruptions

There will be scheduled power interruptions on the following dates, times and locations:

■ MONDAY, July 8, 2019 — 8:30am to 1:30pm

- Outage type: Sectionalized feeder outage on the Kiya 1 distribution circuit
- ☐ Village location: Dandan
- ☐ Area(s) affected: Isley Field area near the Sky Chef facility
- ☐ Water well(s) affected: Isley Wells, IF: 4, 7, 8, 105
- Water service maybe affected based on tank level for the following areas: Tottotville, Portions of Adobo

Drive in Koblerville, Airport Road, Lower Dandan, As Lito Road and Chalan Martinez Road (Shell Dandan to ABCD Market) and is dependent on the length of time to complete the project. Should there be complications to the project, then water service will be affected to allow the water tanks to fill.

- ☐ Wastewater lift station(s) affected: None
- Pole replacement(s): FourOmni-Rupter Switch (ABS) Installation
- WEDNESDAY, July 10, 2019 8:30am to 1:30pm
- Outage type: Sectionalized feeder outage on the Kiya

1 distribution circuit
☐ Village location: Dandan

- ☐ Area(s) affected: Isley Field area near the Sky Chef facility
- ☐ Water well(s) affected: Isley Wells, IF: 4, 7, 8, 105
- Water service maybe affected based on tank level for the following areas: Tottotville, Portions of Adobo Drive in Koblerville, Airport

Road, Lower Dandan, As Lito Road and Chalan Martinez Road (Shell Dandan to ABCD Market) and is dependent on the length of time to complete the project. Should there be complications to the project, then water service will be affected to allow the water tanks to fill.

- ☐ Wastewater lift station(s) affected: None
- ☐ Pole replacement(s): Five

■ FRIDAY, July 12, 2019 — 8:30am to 1:30pm

- Outage type: Sectionalized feeder outage on the Kiya 1 distribution circuit
- Village location: Dandan
- ☐ Area(s) affected: Isley Field area near the Sky Chef facility
- ☐ Water well(s) affected: Isley Wells, IF: 4, 7, 8, 105
- ☐ Water service maybe affected based on tank level for the following areas: Tottotville, Portions of Adobo Drive in Koblerville, Airport Road, Lower Dandan, As Lito Road and Chalan Martinez Road (Shell Dandan to ABCD Market) and is dependent on the length of time to complete the project. Should there be complications to the project. then water service will be affected to allow the water tanks to fill.
- Wastewater lift station(s) affected: None
- □ Pole replacement(s): Five (CUC)



PACIFIC WINDS DOWN UNDER

CONTRIBUTED PHOTO

Saipan Pacific Winds members Atsuko Eck and Ted Parker perform with the Tumon Bay Orchestra at the Sydney Opera House last Friday afternoon. Other photos show the orchestra performing inside the opera house.



2019-2020 Application For Free School Meals is now available at the Public School System CNP Office and PSS Website

PUBLIC RELEASE STATEMENT REGARDING THE NATIONAL SCHOOL LUNCH AND BREAKFAST PROGRAMS AVAILABLE AT LOCAL SCHOOLS

The Public School System Child Nutrition Program today announced its policy for children *unable* to pay the full price of meals served under the National School Lunch Program and School Breakfast Program. Regardless of financial standing and participation in programs such as WIC or NAP, *a new free school meal application must be completed and submitted each school year to receive free school meal benefits.*

Meal prices for the 2019-2020 school year will remain the same as the previous year. Students who do not qualify for fee school meals may buy a subsidized school breakfast for \$0.50. Additional breakfasts can be purchased for \$2.80 at elementary schools and \$3.10 at secondary schools. Students who do not qualify for free school meals may purchase a subsidized school lunch for \$0.75. Additional lunches can be purchased for \$4.10 at elementary schools and \$4.60 at secondary schools. Students are allowed one subsidized breakfast and one subsidized lunch each day.

Application forms are now available at the PSS Child Nutrition Program Office located on Capital Hill, Saipan. Applications are also available at Tinian Elementary School and Rota Junior High School. To apply for free meals, households must fill out the application and return it to the school or to the PSS Child Nutrition Program office. The information provided on the application will be used for the purpose of determining eligibility and may be verified at any time during the school year by school or other program officials. Applications may be submitted at any time during the school year. The application can be downloaded from the PSS website at https://www.cnmipss.org/child-nutrition-program/

To obtain free meals for children for whose households receive Nutrition Assistance Program (NAP) benefits, an adult member needs only to list the names of the school children, give a valid food stamp case number for each child, sign his/her name, list his/her social security number, and return the application to the school office.

For school officials to determine eligibility for free meals of households not receiving Nutrition Assistance Program (NAP) benefits, the household must also provide the following information requested on the application: names of all household members, and the social security number of the adult household member who signs the application. In lieu of a social security number, the household may indicate that the signer does not possess a social security number. Also, the income received by each household member must be provided by amount and source (wages, SSI, child support, etc.). For verification purposes, copies of the two most recent check stubs for each working adult staying in the household must be included with the application. Failure to include these items will delay the processing of the application.

Under the provisions of the free meal policy, the PSS Child Nutrition Program Director will review applications and determine eligibility. If a parent or guardian is dissatisfied with the ruling of the official, he/she may wish to discuss the decision with the determining official on an informal basis. If the parent/guardian wishes to make a formal appeal, he/she may make a request either orally or in writing to: Mr. Dale Roberts, PSS Child Nutrition Program Director located in government house 1251 on Capital Hill, Saipan.

If a household member becomes unemployed or if the household size changes, the family should contact the CNP Office. Such changes may make the household eligible for free meals if the household income falls at or below the IEG levels listed in the chart, and they may reapply at that time.

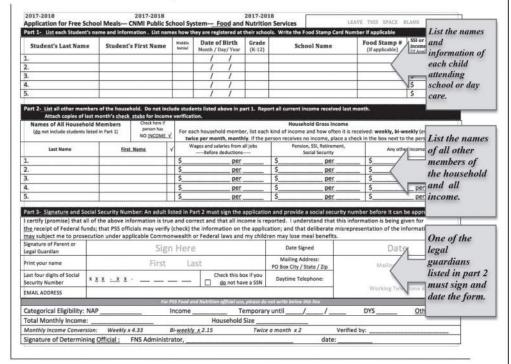
In most cases, foster children are also eligible for these benefits. If a household has foster children living with them and wishes to apply for free school meals, the household should complete an application for a family of one or contact the CNP office for more information.

The information provided by the household on the application is confidential. PSS is authorized to release student free and school meal eligibility status only to persons directly connected with the administration and enforcement of federal or state educational programs.

Any questions regarding the application should be directed to the determining official.

Children determined eligible for free meals last school year will receive free meals for up to 30 days after the opening of their respective schools. This is referred to as the "30 day grace period."

In 2018, the Public School System opted into the USDA Community Eligibility Provision (CEP) program. Children attending public schools are allowed one free breakfast and one free lunch each day while dining in public school cafeterias and are not required to submit an application to receive a free meal.



2019-2020 Federal Income Guidelines (IEG) for Free Meal Eligibility. If your household income falls within these guidelines your children MAY be eligible to receive free school meals.

Household Size	Annual	Annual Monthly		Bi-weekly	Weekly	
1	\$ 16,237	\$ 1,354	\$ 677	\$ 625	\$ 313	
2	21,983	1,832	916	846	423	
3	27,729	2,311	1,156	1,067	534	
4	33,475	2,790	1,395	1,288	644	
5	39,221	3,269	1,635	1,509	755	
6	44,967	3,748	1,874	1,730	865	
7	50,713	4,227	2,114	1,951	9976	
8	56,459	4,705	2,353	2,172	1,086	
Add'l member, Add	+ 5,746	+ 479	+ 240	+ 221	+ 111	

Any questions regarding the application should be directed to the determining official. The PSS CNP office can be reached on Saipan: 664-3901 / 3902 or fax 664-3717, Tinian: 237-4106/4105, Rota: 237-4046/4041/4042

10 MONDAY, JULY 8, 2019 SAIPAN TRIBUNE

Opinion



Published daily at 2/F JP Center, Beach Road, Garapan, Saipan, CNMI Mailing Address: PMB 34, Box 10001, Saipan, MP, 96950

Jayvee L. Vallejera EDITOR

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MEMBER

AP The Associated Press

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EDITORIAL

Honoring a hero



DANIELLE HYAMS/NEW YORK DAILY NEWS/TNS The casket carrying 9/11 first responder Det. Luis Alvarez is carried as his funeral takes place in Queens, New York on July 3, 2019.

as retired NYPD Detective Lou Alvarez was laid to rest—the latest victim of World Trade Center-related illnesses. To his final breath, Alvarez fought for making the federal 9/11 Victim Compensation Fund permanent and financially solvent to aid the expanding rolls of first responders and others who are suffering.

Although neither Mayor de Blasio nor Gov. Cuomo were at the funeral, they both have an official role regarding the cause of the WTC sickened. And it's not the mayor giving Alvarez a posthumous Key to the City—recognizing not only his NYPD service, but his unending advocacy for his fellow heroes and victims.

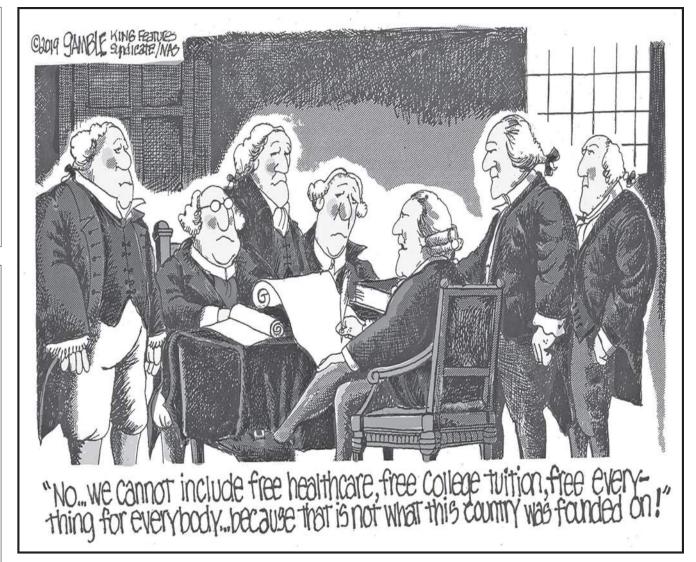
De Blasio must stand down in his opposition to granting unlimited sick time to all municipal workers who volunteered in the pile post-9/11. Cops and firefighters already have this benefit, but many others don't.

Last year, with Albany poised to pass a sick time bill, de Blasio intervened to kill it—promising to grant the benefit through union bargaining. We were more than skeptical and as it turned out, correctly so. With onerous bureaucratic hoops to jump through, only a handful qualified.

Last month, in the closing order of business, the Legislature passed a bill extending 9/11-related unlimited sick time to NYPD and FDNY civilian workers, EMTs and paramedics.

Cuomo must sign it and extend assistance to the selfless people who, like Lou Alvarez, sacrificed their health to help at Ground Zero in the city's and country's days of dire need.

(c)2019 New York Daily News



Teach girls to be competitive

hen a swim coach challenged my 3-year-old daughter to race against her 5-year old brother, she beat him so badly that it seemed the toddler swim equivalent of the U.S. women's national soccer team's 13-0 thrashing of Thailand in their opening game of the 2019 FIFA Women's World Cup.

My daughter did not worry about embarrassing her brother. She just did her best and won.

That is why I cheered alongside millions when the U.S. women's national soccer team advanced to Sunday's finals of the 2019 Women's World Cup after a hard-fought semifinal victory over England. My cheers were not only because the women have the opportunity to bring home their fourth World Cup victory, but also because the lessons in leadership that sports can teach to girls and women were on display to the world.

As a soccer fan, recreational athlete and youth sports coach with a brief stint as a collegiate athlete, I apply multiple lessons that I learned from sports to my professional roles as a professor and administrator at a major medical school. The critically important lesson for the success of female leaders is to embrace competition.

Former national team coach Anson Dorrance said that the type of player who thrives in his women's soccer dynasty at the University of North Carolina at Chapel Hill is a player who loves to compete. He fosters that trait by encouraging a competitive cauldron that emphasizes toughness and an aggressive desire to win.

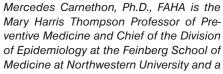
In his 2005 book, "Vision of a Champion," Dorrance notes that even in the highly competitive world of collegiate athletics, many young women are socialized to cooperate and get along. Too often, cooperation and making friends become the antitheses of competition.

The practice of discouraging competition persists for women in the professional world. Female leaders are routinely celebrated for their collaborative leadership style, a focus on consensus-building and their contributions to a positive workplace culture. As valuable as these traits are, fewer female executives hold leadership roles in divisions responsible for profit and loss, which are the gateway to the C-suite.

Once when I interviewed for a leadership position at a medical school, a search committee advised me not to overuse the pronoun "I" in describing my accomplishments. Rather, committee members suggested I emphasize what "we" had done to accomplish "our" goals. The advice was well-intentioned, but I wonder whether men receive similar advice.

If one of the six women seeking the Democratic presidential

By MERCEDES CARNETHON Chicago Tribune



Public Voices Fellow with The OpEd Project. She wrote this for the Chicago Tribune.

nomination for 2020 highlighted her qualifications in building culture and consensus over her expertise in foreign policy, negotiation and economic growth, I wonder if she would appear qualified to tackle critical issues we face today about human rights, ongoing conflicts in the Middle East or gun control.

When young girls are encouraged to participate in sports and—more importantly—challenged to excel, they can develop confidence, discipline and persistence.

These traits have emboldened our women's national team players to challenge inequalities in pay between the women's and men's national soccer teams, to promote the rights of lesbian, gay, bisexual and transgender individuals, and to bravely speak out about the sexual mistreatment of women by individuals at our highest levels of government.

To be sure, collaboration and consensus building are critical for success in a world that requires multidisciplinary talents to innovate and succeed. Of course every girl or young woman will not want to play sports. Performance arts, debate, spelling and STEM competitions, which emphasize personal excellence, are equally valid ways to teach girls how to compete.

What is not acceptable is the message that competing and winning will destroy camaraderie, culture and friendships; it must be stricken from our socialization of girls and women.

Rather, we should encourage every girl's unfiltered desire to do her best.

As mentors to girls and women, we can promote excellence by celebrating competition. The next time my daughter or another young girl asks me what it takes to win, I will tell her about our U.S. women's national soccer team and how they are winning in life by embracing competition.

Regardless of the outcome of Sunday's championship game, it's a win-win.

Respect the oceans 365 days a year

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By MELISSA MARTIN, PH.D.

Special to the Saipan Tribune

Melissa Martin, Ph.D., is an author, columnist, educator, and therapist. She lives in the U.S.



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"Treasures of the Deep" is a story of three friends that descend in a submarine to the depths of the ocean, where they learn about exotic ecosystems and rich mineral deposits on the sea floor. It raises questions regarding the balance between exploitation and conservation and asks the reader to consider all elements (www. thecommonwealth.org).

"People protect what they love."

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Let's all agree that America is more than 'just OK'

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The narrator suggests that at times, it would be understandable to confuse America for a developing country and ultimately determines that one's understanding or sense of American greatness is determined by personal wealth and little else.

The narrator's mocking continues with a quip about American liberty—"But we have freedom in America, and everyone's jealous ... or something," reminding viewers that hey, other countries have freedom, too, and we don't even use ours, since just over half the population participates in national elections. Never mind that (however ill-advised), abstaining from an election is a critical element of freedom.

The video was of course intended to be provocative and to challenge the reflexive notion of some that American exceptionalism is permanent and static—an honor forever justified by long-dead Americans' collective contributions to the world, (although, it's worth noting that even the greatness of the nation's Founders is a point of contention these days).

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There have been, and will continue to be, notable failures along our nation's moral course. Still, to borrow a phrase popularized by the great, yet flawed American, Martin Luther King, Jr., its arc will always bend toward justice and freedom. Thanks to the high ideals established when America was still a nascent nation, it always (ultimately) has.

Despite The New York Times' poo-pooing of American freedom as something ordinary or banal, freedom is a hallmark of American greatness. It is what has made many of its By CYNTHIA M. ALLEN Fort Worth Star-Telegram

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There are legitimate reasons for concern over our nation's direction. Political extremism on both ends of the spectrum, although hardly a U.S.-specific problem, has the potential to limit freedoms in ways the Founders foresaw; and we have the power to prevent.

The images of migrants crossing our nation's southern border and enduring awful conditions in detention centers for many reasons are difficult to stomach. Yet they are the starkest reminder that our nation is more than just OK. It is great. People wouldn't be clamoring to get here if it weren't.

It's best we keep that in mind this Fourth and every day after.

Ensuring elections 'free from foreign intrusion'

By JOHN SARBANES and BRIAN FROSH

n July 4, Americans of all political stripes join together to celebrate our nation's independence from overseas monarchs, from foreign influence, from interference in our democracy.

This is the moment to apply the lessons of 2016, when our election infrastructure—the core of American democracy was attacked by a foreign adversary in a choreographed and coordinated effort. State and local election systems across the country were probed and, in some cases, breached. Outsiders exploited digital platforms to wage a full-scale disinformation campaign. And secret foreign money was deployed to influence the electoral outcome.

As elected officials, we swore an oath to protect and defend the Constitution of the United States and guard against foreign interference in our domestic affairs. Each and every one of us at the federal, state and local levels has a duty to safeguard our election systems. The alarming findings of the Mueller Report, along with several assessments from our nation's intelligence community, warn that we are woefully unprepared for similar attacks that will be coming in 2020.

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Securing our election systems requires close coordination among officials at all levels of government. States are respon-

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In Maryland, we continue to take steps to secure our election system. Earlier this year, the General Assembly passed Senate Bill 743, legislation empowering the state administrator of elections to terminate any vendor upon a determination that a foreign national has the ability to control, influence or direct the vendor in a manner that could compromise or influence the independence and integrity of our elections. But we need the federal government to step up and do its part.

Democrats in the House of Representatives are taking this responsibility seriously. As our first order of business, we introduced and passed H.R. 1, the For the People Act, which provides billions of dollars in assistance to states to help improve their election system security. H.R. 1 also requires the Department of Homeland Security and director of national intelligence to share threat data and best practices for security with state election officials and requires the president to develop a national strategy to defend our democratic institutions.

Inexplicably, no House Republicans chose to join Democrats in voting for H.R. 1, and Republican Senate Majority Leader Mitch McConnell has refused to even allow a vote on it in his chamber. Recently, Republicans were afforded yet another opportunity to show their patriotism when Democrats introduced a standalone election security bill, the Safeguarding America's Federal Elections (SAFE) Act. Focused exclusively on protecting the integrity of the ballot box, the SAFE Act would modernize our election systems by providing new resources to states to improve election infrastructure, increasing the adoption of paper ballots and ensuring the accuracy of the vote tallies. But Leader McConnell has yet again barred the door, indicating that he will refuse to hold a vote on or debate this commonsense legislation in the Senate.

The American people deserve to have confidence that our elections are fair and free from foreign intrusion. As we mark Independence Day and celebrate our country's freedom from influence abroad, we must join together in this patriotic undertaking to protect our country from foreign attacks. It is time for congressional Republicans to take seriously the threats to our democracy and help give states like Maryland the tools and resources they urgently need to protect our elections. Anything less is an abdication of their constitu-

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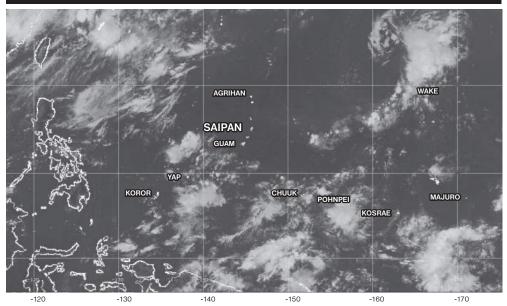
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12 MONDAY, JULY 8, 2019 SAIPAN TRIBUNE

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN **TODAY** WEDNESDAY THURSDAY **FRIDAY** TUESDAY Partly cloudy with isolated Mostly cloudy with isolated Partly cloudy with isolated Partly cloudy with isolated Partly cloudy with isolated showers. Northeast winds 5 to 15 mph. showers and a slight chance of thunderstorms **79º 79º** 89° **79º** 89° 900

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 6:39 AM, MONDAY, JULY 7, 2019

Western North Pacific between equator and 25N from 130E to 180

A dry pattern will continue across the Marianas for the next few days. A weak surface trough to the east of the islands is expected to move through the area around Tuesday. Not much expected with this system other than an increase in cloud cover and a slight chance of thunderstorms. By Wednesday morning, the trough will be west of the islands and drier conditions will return to the islands. The next chance at any organized system will be Friday into the weekend. Model guidance indicates the monsoon trough will drift north of the islands, bringing in westerly winds and an increasing chance of showers for Friday and Saturday. For now, maintained mostly cloudy skies with isolated showers and a slight chance of thunderstorms. A short period of scattered showers is possible

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESI	▲ ♥°F	
Guam and Rota	Thunderstorms	87° / 80°
Palau	Thunderstorms	84° / 77°
Yap	Thunderstorms	87° / 80°
Chuuk	Thunderstorms	86° / 80°
Pohnpei	Thunderstorms	87° / 78°
Kosrae	Thunderstorms	87° / 78°
Majuro	Thunderstorms	85° / 81°

Majuro	Thunderstorms	85° / 81°
AROUND TH	E GLOBE	▲ ▼°F
Auckland	Partly Cloudy	57° / 48°
Beijing	Mostly Cloudy	88° / 70°
Hong Kong	Thunderstorms	90° / 82°
Honolulu	Showers	87° / 75°
London	Showers	63° / 52°
Los Angeles	Partly Cloudy	81° / 64°
Manila	Thunderstorms	93° / 82°
Melbourne	Sunny	64° / 54°
Miami	Thunderstorms	86° / 79°
New York	Partly Cloudy	82° / 69°
Osaka	Showers	84° / 72°
Paris	Rain	68° / 52°
Busan	Partly Cloudy	75° / 68°
Rome	Partly Cloudy	91° / 66°
Salem	Thunderstorms	82° / 68°
San Francisco	Partly Cloudy	74° / 56°
Seoul	Partly Cloudy	81° / 59°
Tokyo	Showers	73° / 63°
Washington, DC	Showers	82° / 68°



Anonymous tips can now be submitted through the following:

■ Call 234-7272 (PARA) on any telephone

■*11 on any IT&E cellular phone ■ Log on to the internet at www.nmicrimestoppers.net

TIDES: SAIP	AN HARBOR TO	DAY FEET
12:28 AM	HIGH TIDE	2.19
6:33 AM	LOW TIDE	1.15
11:21 AM	HIGH TIDE	1.87
6:19 PM	LOW TIDE	0.25

UO43

UO43

5:35am 8:25am

5:50am 8:40am

7:00AM

8:00AM

1201

1202

7:15AM

8:15AM

Daily

Daily

3. 5. 7

DAY	SUNRISE	SUNSET
Today	5:52 AM	6:51 PM
Tuesday	5:52 AM	6:51 PM
Wednesday	5:52 AM	6:51 PM
Thursday	5:53 AM	6:51 PM
Friday	5:53 AM	6:51 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	11:05 AM	11:39 PM	-
Tuesday	12:02 PM	-	-
Wednesday	-	12:22 AM	12:57 PM
Thursday	-	1:05 AM	1:52 PM
Friday	-	1:49 AM	2:46 PM

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@ saipantribune.com. Website:www.saipantribune.com.

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E-mail: sales@saipantribune.com

	FLIG	HT S	CHEDULE	AS OF	JULY	7 5, 20)19
	DEI	PARTU	RES		A	RRIVAL	.s
SAIPAN-0	GUAM (GUM)		GUAM (C	GUM)-SA	IPAN	
UA117		10:00am	Daily	UA174	7:30am	8:15am	Daily
UA105	6:25pm	7:05pm	2, 4	UA104	4:50pm	5:31pm	2, 4
SAIPAN-I	BUSAN ((PUS)		BUSAN (PUS)-SA	IPAN	
7C3451	4:00am	7:00am	3	7C3452	10:00pm	3:05am+1	1, 2, 3, 5, 6, 7
7C3451	4:00am	7:30am	1, 2, 4, 5, 6, 7	7C3452		3:05am+1	4
SAIPAN-S	SEOUL (ICN)		SEOUL (I	ICN)-SAI	PAN	
TW308	1:35am	5:20am	Daily	7C3402	9:30am	3:10pm	Daily
OZ626		6:00am	1	TW307		12:35am+1	•
OZ626	2:50am	6:30am	2, 3, 4, 5, 6, 7	OZ625	7:40pm	1:10am+1	7
7C3403	4:45am	8:35am	2, 3, 5	OZ625	8:15pm	1:45am+1	1, 2, 3, 4, 5, 6
7C3403		8:30am	4	7C3404	10:10pm	3:40am+1	1, 2, 4
7C3403	5:00am	8:50am	6	7C3404	10:40pm	4:10am+1	3, 5, 6, 7
7C3403		8:55am	1, 7				
7C3401	•	7:45pm	4, 7				
7C3401	4:10pm	8:10pm	1, 2, 3, 5, 6				
SAIPAN-S	SHANGH	IAI (PVG)	SHANGH	AI (PVG)-SAIPAN	
3U8648	6:10am	8:50am	1, 4, 5, 7	3U8647	10:20pm	4:50am+1	3, 4, 6, 7
SAIPAN-I	HANGZH	IOU (HG	H)	HANGZH	IOU (HGI	H)-SAIPA	N
JD396	7:30am	12:05pm	1	JD395	8:05am	3:30pm	4
JD396	4:50pm	7:55pm	4	JD395	8:50pm	5:00am+1	7
SAIPAN-0	GUANGZ	HOU (C	AN)	GUANGZ	HOU (CA	N)-SAIP	AN
3U8646	4:30am	7:50am	2, 6	3U8645	7:50pm	2:40am+1	1, 5
SAIPAN-I	BEIJING	(PEK)		BEIJING	(PEK)-S	AIPAN	
MU764	1:30am	6:00am	3, 5, 7	MU763	4:30pm	12:30am+1	2, 4, 6
SAIPAN-I	MANILA	(MNL)		MANILA	(MNL)-S	AIPAN	
OZ626/701	2:20am	11:05am	1 via ICN	OZ702/625	12:15pm	1:10am+1	7 via ICN
OZ626/701	2:50am	11:05am	2, 3, 4, 5, 6, 7 via ICN	OZ702/625		1:45am+1	1, 2, 3, 4, 5, 6 via ICN
UA117/183	9:15am	8:50pm	2, 5 via GUM	UA192/174	9:45pm	8:12am+1	2, 5 via GUM-ROR
UA117/183	9:15am	9:10pm	1, 3, 4, 6, 7 via GUM	UA184/174	10:25pm	8:12am+1	1, 3, 4, 6, 7 via GUM
UA117/193	9:15am	10:40pm	2, 5 via GUM-ROR	UA184/174	11:30pm	8:12am+1	2, 5 via GUM
SAIPAN-I	HONG K	ONG (HK	(G)	HONG K	ONG (HK	G)-SAIP	N
HX077	2:00am	5:00am	1, 4	OZ722/625	1:10pm	1:10am+1	7 via ICN
OZ626/721		11:40am	1 via ICN	OZ722/625		1:45am+1	1, 2, 3, 4, 5, 6 via ICN
OZ626/721	2:50am	11:40am	2, 3, 4, 5, 6, 7 via ICN	HX076		00:30am+1	

1, 3, 5, 6 via GUM UA117/159 9:15am 9:50pm UA116/174 10:45pm 8:12am+1 1, 3, 5, 6 via GUM LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); 3U Sichuan Airlines, 7C Jeju Air, DL Delta Airlines, JD Beijing Capital, UO HK Express, HX HongKong Airlines, MU China

Eastern, OZ Asiana Airlines, TW t'way Air, UA United Airlines, PR PAL Express; ETD: Estimated Time of Departure; ETA:

Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)

UO42

UO42

6:25pm 1:20am+1 7

9:25pm 4:20am+1 2, 4, 6

5:45PM

6:45PM

Daily

Daily

STAR MARIANAS AIR, INC. 9:15AM 1203 9:00AM Daily **SAIPAN TO ROTA** 1204 10:00AM 10:15AM Daily FLIGHT# DEPARTURE ARRIVAL FREQUENCY 11:15AM 1205 11:00AM Daily 1301 7:30AM 8:00AM Daily 1206 12:00PM 12:15PM Daily 1302 11:30AM 12:00PM Daily 1207 1:00PM 1:15PM Daily 1303 4:00PM 4:30PM Daily 1208 2:00PM 2:15PM Daily 1209 3:00PM 3:15PM Daily **ROTA TO SAIPAN** 1210 4:00PM 4:15PM Daily DEPARTURE ARRIVAL FREQUENCY 1211 5:00PM 5:15PM Daily 8:45AM 3101 8:15AM Daily 1212 6:00PM 6:15PM Daily 3102 2:15PM 1:45PM Dally 3103 4:45PM 5:15PM Daily **TINIAN TO SAIPAN** DEPARTURE ARRIVAL FREQUENCY FLIGHT# **ROTA TO GUAM** 7:30AM 7:45AM 2102 Daily DEPARTURE ARRIVAL FREQUENCY 8:30AM 8:45AM 2103 Daily 3401 12:15PM 12:45PM Daily 2104 9:30AM 9:45AM Daily 10:45AM Daily 2105 10:30AM **GUAM TO ROTA** 2106 11:30AM 11:45AM Daily DEPARTURE ARRIVAL FREQUENCY 12:45PM 2107 12:30PM Daily 1:30PM 4301 1:00PM Daily 1:45PM 2108 1:30PM Daily 2109 2:30PM 2:45PM Daily **SAIPAN TO TINIAN** 2110 3:30PM 3:45PM Daily DEPARTURE ARRIVAL FREQUENCY 2111 4:30PM 4:45PM Daily

2112

2113

5:30PM

6:30PM

CRS 2, Kiska arrive in Yap, FSM

By JASEN MORENO-GARCIA COMMANDER TASK FORCE 75

COLONIA, Yap—Two Mark VI patrol boats, attached to Coastal Riverine Squadron 2, along with the U.S. Coast Guard cutter *Kiska*, arrived in Colonia, Yap on July 3 for a port visit.

This visit allows CRS-2, assigned to Coastal Riverine Group 1, Detachment Guam, a chance to train with our Coast Guard partners and build upon existing training conducted in Guam and Commonwealth of Northern Marianas Island.

"Our Coastal Riverine Sailors will be able to enjoy some much-needed down time in Yap," said CRS-2 patrol officer Lt. Max Duncan, a native of Ithaca, New York. "We have visited Yap multiple times this year, and were treated with the highest levels of hospitality. We hope to continue strengthening our bilateral relationship with Yap and the rest of [the Federated States of Micronesia]. Additionally, the opportunity to work with the United States Coast Guard in and around FSM continues to strengthen our inter-branch relationships and enable us to complete more significant operations in the future."

During the visit, CRS-2 sail-

ors delivered basic preventive medical supplies needed by the Yap state first responders.

"During our previous visit to Yap we asked the Yap State police chief if they needed any medical supplies," said Hospital Corpsman 2nd Class Marcus Tschauner, a native of Suffolk, Virginia. "We used this opportunity to bring them the preventive medical supplies they needed. We gave them basic [personal protective equipment] like gloves and face masks that will allow them to be protected while taking care of emergency patients."

The Yap State police chief, Daniel G. Ramngen, said that he was thankful for the supplies the CRS-2 sailors gave them and the life support training they provided for them during the last visit to Yap.

"The life support training they [CRS-2 sailors] provided during the last trip helped us keep a recent suicide victim alive," said Ramangen. "I am thankful to the Navy for everything, I hope we can keep this relationship going strong for many years."

The Mark VI patrol boat is an integral part of the expeditionary forces support to 7th Fleet, capability of supporting myriad of missions throughout the Indo-Pacific.

Since Navy Expeditionary Forces Command Pacific's creation in January 2015, expeditionary forces in the CNMI region have become completely integrated into the seventh fleet combat readiness scheme and have built and maintained multinational partnerships that have been providing regional stability and security for more than 70 years.

As an organization, NEF-CPAC executes operational command and control of assigned and attached Navy Expeditionary Combat Forces in the U.S. 7th Fleet area of operations and serves as the core Navy battle staff for crisis response and major combat operations. They plan and execute coastal riverine, explosive ordnance disposal, diving operations, construction and Navy expeditionary logistics operations.

NEFCPAC is capable of providing the fleet diverse warfighting capabilities such as coastal riverine support, explosive ordnance disposal, diving, salvage and construction capabilities, as well as expeditionary intelligence and logistics in near-shore waters, littoral regions and inland areas.



Hospital Corpsman 2nd Class Marcus Tschauner, left, a native of Suffolk, Virginia, and Hospital Corpsman 3rd Class Lunaines Rodriguezarriaga, a native of Puerto Rico, both assigned to Coastal Riverine Squadron 2, Coastal Riverine Group 1, Detachment Guam, give medical supplies to the Yap State police chief Daniel G. Ramngen, right.

U.S. NAVY/MCS2 JASEN MORENO-GARCIA



Commonwealth Utilities Corporation

P.O. Box 501220, Saipan, MP 96950-1220 U.S.A. Tel. Nos. (670) 664-4282 Fax (670) 235-5131



WATER QUALITY REPORT NOW AVAILABLE

Your 2018 CUC Water Quality Report is now available on-line! This year, we have a separate report for each island: Saipan, Tinian, and Rota. These reports contain important information about the source and quality of your drinking water. Please open the following web sites to view what contaminants were detected in your water during 2018 and to learn more about your drinking water.

For Saipan, go to http://www.cucgov.org/wp-content/SAIPAN2018.pdf

For Tinian, go to http://www.cucgov.org/wp-content/TINIAN2018.pdf

For Rota, go to http://www.cucgov.org/wp-content/ROTA2018.pdf

If you need the report translated, wish to speak with someone about the report, or would like a paper copy delivered or emailed to you, please call CUC at (670) 664-4282.



Office of the Executive Director REQUEST FOR PROPOSALS

Commonwealth Utilities Corporation

CUC-RFP-19-013, Rev.1

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC), is soliciting competitive sealed proposals from qualified vendors for the attainment of a Primary Screen for the Agingan Wastewater Treatment Plant at CUC Saipan, Commonwealth of the Northern Mariana Islands.

AGINGAN PRIMARY SCREEN PROJECT

The RFP Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 (non-refundable) for one RFP package set. The RFP package consisting of the specifications and scope-of-work will be emailed to all registered prospective proposers email ID. Prospective Proposers must pre-register with the CUC Procurement & Supply Division.

One (1) original and four (4) hard copies must be submitted in a sealed envelope marked "CUC-RFP-19-013, Rev.1 Agingan Primary Screen Project" to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **July 19, 2019 at 10:00 AM (ChST).** Late submissions and conditional proposals will not be considered.

Discussions may be conducted with responsible offerors who submit proposals determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. Offerors shall be accorded fair and equal treatment with respect to any opportunity to discussion and revision of proposals, and such revision may be permitted after submission and prior to award for the purpose of obtaining the best and final offers. During discussions, there will be no disclosure of any information derived from proposals submitted by competing offerors.

All Offeror are advised that CUC assumes no responsibility in any act of omission on the part of the Offeror due to lack of information or understanding of the proposal requirements in the course of Contractor's preparation of a proposal or supply under the contract. The RFP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the proposal under this request, or to procure or contract for services. Offeror are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed as per the CUC Procurement Regulations.

All responses to this RFP should take into account any and all taxes, including excise tax, which will become the obligation of the proponent awarded a contract. Proponents shall comply with all applicable CNMI and Federal Laws.

Questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than 10:00 AM (ChST) on July 2, 2019 to Manny B. Sablan, CUC Purchasing Administrator at email address manny.sablan@cucgov.org with a copy to Westen Knudsen, P.E., Senior Engineer for Water/Wastewater at email address westen.knudsen@cucgov.org and Christie Sablan, CUC Purchasing Administrative Technician, Senior at email address christie.sablan@cucgov.org.

CUC reserves the right to reject any or all proposals for any reason and to waive any defects in said proposal, if in its sole opinion, to do so would be in the best interest of CUC. All proposals shall become the property of CUC.

GARY P. CAMACHO Executive Director MANNY B. SABLAN Purchasing Administrator

RA AYOORA REPOODIL AMMWELIL SCHAAL

Repoodil yóómw 2018 CUC Ammwelil Schaal aa yoor online! Ráágh yeel, ai ayoora repoodngáli falúw kka: Seipél, Tchiliyól, me Luuta. E lo llól repood kkal arongorong ikka e impotanti reel milikka e toowow me ammwelil schaal iye ów ghal úlúmi.

Emmwel ubwe suughi website ikka e amwirimwiritiw ubwe amwuri meta kka e nngaw iye e lo Ilól yóómw schaal Ilól ráághil 2018 me ubwe metaff reel schaal iye ughal úlúmi.

Ngáli Seipél, mweteló reel http://www.cucgov.org/wp-content/SAIPAN2018.pdf

Ngáli Tchiliyól, mweteló reel http://www.cucgov.org/wp-content/TINIAN2018.pdf

Ngáli Luuta, mweteló reel http://www.cucgov.org/wp-content/ROTA2018.pdf

Ngáre u mwuschel rebwe seleti repood yeel, ngáre u tipáli ubwe kkapas ngáli escháy reel repood yeel, ngáre u mwuschel pappid yeel ngáre rebwe email-li ló ngálugh, faingi ló CUC me (670) 664-4282.

RIPOT KUÅLIDÅT HÅNOM ESTA MANAGUAHA

lyon-mu 2018 na Ripot nu i Kuålidåt Hånom i CUC managuahayi på gu giya on-line! På gu na såkkan, in na guahayi siparåo na ripot para kada isla: Saipan, Tinian, yan Luta. Esti na ripot siha masaguaniniyi impottånti na infotmasion put i tutuhonña yan kuålidåt put i Hånom ni un gigimin.

Put fabot baba i tinattiyi na web sites para un atan håfa siha mankutchinu ni masodda' gi hålum i hånom-mu gi duråntin 2018 na såkkan para un ke'tungu' mås put i hånom ni un gigimin.

Para Saipan, hånao para http://www.cucgov.org/wp-content/SAIPAN2018.pdf

Para Tinian, hånao para http://www.cucgov.org/wp-content/TINIAN2018.pdf

Para Luta, hånao para http://www.cucgov.org/wp-content/ROTA2018.pdf

Kumu un nisisita i ripot para u matranslåda, ya malagu´ håo kumuentusi håyi put i ripot pat malagu´ håo kopian påppit u ma´entrega pat ma-email guatu para hågu, put fabot hågan i CUC gi (670) 664-4282.

14 MONDAY, JULY 8, 2019 SAIPAN TRIBUNE

2019 Liberation Day

Photos by MARC A. VENUS



Saipan Mayor David M. Apatang waves to the crowd as the parade moves to the Garapan Fishing Base during last Thursday's 2019 Liberation Day Parade.



Philippine honorary consul to the CNMI Glicerio Arago waves to the crowd as the parade moves toward the Garapan Fishing Base during last Thursday's 2019 Liberation Day Parade.



First lady Diann Torres waves to the crowd during last Thursday's 2019 Liberation Day Parade.



2019 Miss Earth NMI Leisha Deleon Guerrero waves to the crowd during last Thursday's 2019 Liberation Day Parade.



A participant in last Thursday's 2019 Liberation Day Parade smiles for a picture.



Members of the different Liberation Day committees pose with CNMI officials for a picture during last Thursday's 2019 Liberation Day Parade.



TanHoldings employees walk ahead of the company's float entry in the parade to the Garapan Fishing Base during last Thursday's 2019 Liberation Day Parade.



Members of the Japanese Society of the Northern Marianas entertain spectators with their makeshift throne and dances during last Thursday's 2019 Liberation Day Parade.



The CNMI Public School System JROTC cadets lead the parade participants during last Thursday's 2019 Liberation Day Parade.



Children ride the parade train provided by the NMI Museum during last Thursday's 2019 Liberation Day Parade.



Members of the Falun Dafa Marching Band perform in the parade last Thursday.



The float entry of Herman's Modern Bakery during last Thursday's 2019 Liberation Day Parade.



The Saipan Mayor's Office, together with the NMI Museum's float entry, is shown here during last Thursday's 2019 Liberation Day Parade.



2019 Miss Marianas Shannon Sasamoto was also part of the dignitaries who took part on the parade.



2018 Miss Liberation Day Queen Brinae Jessilyn Cruz waves to spectators during last Thursday's 2019 Liberation Day Parade.



A spectator gets water from the Marianas Visitors Authority float during last Thursday's 2019 Liberation Day Parade.



Navy Rear Adm. Shoshana Chatfield, commander of Joint Region Marianas, was one of the dignitaries being escorted to the main stage at the Garapan Fishing Base during last Thursday's 2019 Liberation Day Parade.



Members of the 180 Production float entry perform music for spectators during last Thursday's 2019 Liberation Day Parade.

16 MONDAY, JULY 8, 2019 SAIPAN TRIBUNE

Business

Army vet opens Drew's Bar & Grill

By MARK RABAGO

mark_rabago@saipantribune.com ASSOCIATE EDITOR

After 27 years with the U.S. Army, retired first sergeant Andrew Sablan Manglona returned to Saipan. Two years later and now happily engaged, Manglona thought it was time to go back to his roots.

That happened last June 1, when Manglona and his better-half, Colleen June Camacho, opened Drew's Bar & Grill along Beach Road in Oleai at the former location of Amari's Tavern.

The 52-year-old Manglona said his mother, Soledad, used to run and operate Happy Landing Bar, one of the oldest and well-known watering holes on Saipan in the 1960s and 1970s. So, it wasn't a much of a stretch to say that Manglona has owning and managing a local bar in his veins.

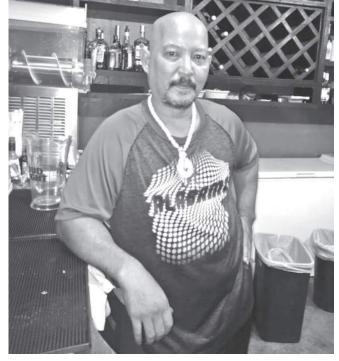
"I just want to bring back the bar atmosphere where locals can come together and enjoy themselves like the good old times," he said.

And that philosophy greets you as you walk through Drew's Bar & Grill; the sign on the door reads "Sagan Minagof" which means happy place in Chamorro.

"It's not a typical bar to just drink. I want Drew's Bar & Grill to have a positive vibe where everyone who comes here get to know each and other and have a good time together," said Manglona.

Right now, Drew's Bar & Grill's bar food borrows heavily from Amari's Tavern's menu, with tried-and-tested favorites like fried chicken, pizza, and calamari. Gradually, however, Manglona plans to introduce his magic touch on Drew's Bar & Grill's menu with his unique take on *kelaguen* dishes, empanadas, other Chamorro food, and the Tex-Mex fare he learned to cook after living more than half his life in California.

Drew's Bar & Grill has also



Andrew Sablan Mangloña is an Army veteran who came back home and opened a bar and grill business.

MARK RABAGO



Andrew Sablan Mangloña with his better-half Coleen June Camacho.

MARK RABAGO

become a venue of choice for local solo acts and bands such as Stacy Kaipat, Ruby Moses, Lost Boys of Bantalan, and up-and-coming reggae band Uprooted.

The latter incidentally will have one of its last playdates on island at Drew's Bar & Grill before embarking on a tour of the U.S. mainland.

Manglona also has ambitions of transforming Drew's Bar & Grill into a true sports bar; flat screen TVs are on the way, together with a ton of sports paraphernalia to liven up the place.

The spot will host and spon-

sor billiards and electronic darts tournaments to complete its metamorphosis into a genuine sports bar.

As for upcoming events, Drew's Bar & Grill will stream live the bout between Manny Pacquiao and Keith Thurman on July 21.

Manglona also has opened his bar to those in need, as it will host a medical referral fundraiser for Paul Camacho Manglona on Aug. 19.

Drew's Bar & Grill is open Monday-Saturday from 6pm to 2pm. It is closed on Sunday. For reservations and other information, call 286-444.



Drew Bar & Grill in Oleai opened in June.

MARK RABAGO

Nation

AFTER CALIFORNIA EARTHQUAKE

Months of aftershocks

RIDGECREST, Calif. (AP)—Officials in Southern California expressed relief Saturday that damage and injuries weren't worse after the largest earthquake the region has seen in nearly 20 years, while voicing concerns about the possibility of major aftershocks in the days and even months to come.

No fatalities or major injuries were reported after Friday night's 7.1-magnitude earthquake, which jolted an area from Sacramento to Mexico and prompted the evacuation of the Navy's largest single landholding, Naval Air Weapons Station China Lake in the Mojave Desert.

The quake struck at 8:19 p.m. Friday and was centered 11 miles (18 kilometers) from Ridgecrest, the same area of the desert where a 6.4-magnitude temblor hit just a day earlier. It left behind cracked and burning buildings, broken roads, obstructed railroad tracks and leaking water and gas lines.

The light damage was largely due to the remoteness of the area where the earth-quake occurred, but Gov. Gavin Newsom cautioned after touring Ridgecrest that "it's deceiving, earthquake damage. You don't notice it at first."

Newsom estimated more than \$100 million in economic damages and said President Donald Trump called him to offer federal support in the rebuilding effort.

"He's committed in the long haul, the long run, to help support the rebuilding efforts," Newsom said of Trump.

Only 28,000 people live in the Ridgecrest area, which is sandwiched between more populated areas of Southern California and Las Vegas' Clark County. But seismologists warned that the area could see up to 30,000 aftershocks over the next six months.

April Hamlin said she was "already on edge" when the second quake rattled her Ridgecrest home. She and her three kids initially thought it was another aftershock.

"But it just kept on intensifying," Hamlin said. "The TV went over, hanging by the cord. We heard it break. We heard glass breakage in the other rooms, but all we



Katherine Johnson-Coates stands outside of a neighbor's burned down mobile home in the aftermath of an earthquake Saturday, July 6, 2019, in Ridgecrest, Calif.



Some shelves are nearly empty as volunteers assist with cleanup at the Ridgecrest, Calif., branch of the Kern County Library on Friday, July 5, 2019.



A crack is seen in a gas station's driveway in the aftermath of an earthquake Saturday, July 6, 2019, in Trona, Calif. $$_{\rm AP}$$

could do was stay where we were until it stopped."

With the possibility of aftershocks and temperatures forecast to reach 100 degrees (38 Celsius) over the next several days, officials were taking precautions.

The California National Guard was sending 200 troops, logistical support and aircraft, Maj. Gen. David Baldwin said. The Pentagon had been notified, and the entire California Military Department was put on alert, he said.

Naval Air Weapons Station China Lake said in a Facebook post that nonessential workers were evacuated and operations halted. The epicenters of both quakes were on the base, and officials said they are continuing to assess damage. Officials said most

employees live off the base and in Ridgecrest, but they authorized the evacuation so those who live on base can be eligible for reimbursements.

The California Office of Emergency Services brought in cots, water and meals and set up cooling centers in the region, Director Mark Ghilarducci said.

State highway officials shut down a 30-mile (48-kilometer) section of State Route 178 between Ridgecrest and the town of Trona southwest of Death Valley because of a rockslide and severe cracking. The move left Trona temporarily cut off. California Department of Transportation spokeswoman Christine Knadler said crews worked through the night to patch the roadway, but it remained rough and uneven.

MONDAY, JULY 8, 2019 **17** SAIPAN TRIBUNE

Asia

Mothers rally as Hong Kong's divide shows no sign of closing

HONG KONG (AP)—Hong Kong's political divisions showed no sign of closing as students rebuffed an offer from city leader Carrie Lam to meet and a few thousand mothers rallied in support of young protesters who left a trail of destruction in the legislature's building at the start of the week.

"Don't feel lonely, dad and mum will support you," read one of many handwritten messages held aloft at a "Hong Kong Mothers" rally Friday.

University professor Sealing Cheng asked who was responsible for the destruction of the legislature, implying that an arrogant government had driven the protesters to break into the building and rampage through it.

"Our hearts ache for the young protesters and our society torn apart," she said in a speech to the crowd of mostly women.

The mainland's economic influence loomed large at the rally, held in a square under the towering offices of the Bank of China and other Chinese banks. Many young people feel left out of the China-driven economy, struggling to make ends meet and stuck in tiny apartments because of soaring real estate prices. They think a democratically elected government would be more responsive to their needs than one chosen by pro-Beijing elites who benefit from the economic ties to the mainland.

The Monday night assault on the legislature—in which glass



Attendees take part in a rally by mothers in support of student protesters in Hong Kong on Friday, Jan. 5, 2019.

walls were shattered, slogans spray-painted over the walls and the electronic voting system destroyed—seems to have hardened positions on both sides.

The pro-Beijing establishment condemned the violence, as did the Chinese government. On the other side, a large swath of Hong Kong's population expressed sympathy for the students, seeing them as having sacrificed for a shared cause. that of preventing an erosion of freedoms and increased Chinese influence over the territory.

Lam, who disappeared from public view for two weeks as protests mounted, pledged to do a better job of listening to the voices of young people in a morning speech on Monday, a holiday that marked the 22nd anniversary of the return of Hong Kong from British rule to China.

But her invitation later in the week to meet behind closed doors was rebuffed by student unions at two Hong Kong universities as insincere and a publicity gimmick.

Student leaders said at a news conference Friday that any meeting should be public and include a wider representation than just them. They also demanded that protesters, dozens of whom have been arrested, would not be prosecuted.

"A closed-door meeting does not have any witnesses to prove what was discussed, the public does not know what the dialogue was about," said Jordan Pang from the University of Hong Kong Students' Union. "The public has the right to know."

Ng Yat Ming, vice president of the Hong Kong University of Science and Technology Students' Union, said they would be condemned as traitors if they negotiated with Lam on behalf of the public.

World

Iran poised to hike uranium enrichment despite tensions

TEHRAN, Iran (AP)—Iran appeared poised Sunday to raise its enrichment of uranium and break another limit from its faltering 2015 nuclear deal with world powers, putting new pressure on Europe to save the accord amid a maximalist U.S. sanctions campaign on Tehran.

A year after President Donald Trump pulled the U.S. from the deal, Iran already has broken through the limit the deal put on its stockpile of low-enriched uranium. On Sunday, state television reported that officials would hold a news conference to brief journalists on the steps they would take.

All this comes as America has rushed thousands of troops, an aircraft carrier, nuclear-capable B-52 bombers and advanced fighter jets to the Mideast. Mysterious oil tanker attacks near the Strait of Hormuz, attacks by Iranian-backed rebels in Yemen on Saudi Arabia and Iran shooting down a U.S. military drone have raised fears of a wider conflict engulfing the region.

In a last-minute diplomatic bid, French President Emmanuel Macron spoke to his Iranian counterpart, Hassan Rouhani, by phone Saturday, saying he is trying to find a way by July 15 to resume dialogue between Iran and Western partners. However,



In this Thursday, July 4, 2019, photo made available by U.S. Navy, two F/A-18 Super Hornets assigned to Carrier Air Wing drop 1000-pound general-purpose bombs during an Independence Day air power demonstration next to the Nimitz-class aircraft carrier USS Abraham Lincoln in Arabian Sea.

hopes for saving the faltering deal appear increasingly dim, as tensions between the U.S. and Iran continue to rise.

In a video available Saturday on a website for Supreme Leader Ayatollah Ali Khamenei, a top aide said that increasing enrichment closer to weapons-grade levels was "unanimously agreed upon by every component of the establishment." Ali Akbar Velayati in his remarks also made reference to 5% enrichment.

Under the atomic accord, Iran agreed to enrich uranium to no more than 3.67%, which is enough for peaceful pursuits but is far below weapons-grade levels

of 90%. Iran denies it seeks nuclear weapons, but the nuclear deal sought to prevent that as a possibility by limiting enrichment and Iran's stockpile of uranium to 300 kilograms (661 pounds).

On Monday, Iran and United Nations inspectors acknowledged it had broken the stockpile limit. Combining that with increasing its enrichment levels narrows the one-year window experts believe Iran would need to have enough material to build a nuclear weapon, if it chose to do so.

Iran stopped producing uranium enriched above 5% in January 2014 amid negotiations for the nuclear deal.

ASIAN BRIEFS

Philippine rights office condemns child's death in drug raid

MANILA, Philippines (AP)—The Philippine Commission on Human Rights on Thursday condemned the killing of a 3-year-old girl in a police raid in which her father, a drug suspect, was gunned down along with another civilian and a police officer. Commission spokeswoman Jacqueline Ann De Guia said the agency was investigating the death of Myka Ulpina in a gunbattle sparked by an undercover police raid Sunday in Rodriguez town in Rizal province, east of Manila. Officials have relieved 20 police officers amid the investigation. "Myka Ulpina's life was cut short in the hands of those who swore to protect it," the commission said in a statement, stressing that it "condemns the death of another innocent life as a consequence of the government's war against illegal drugs."

More than 200 fall ill after eating at Imelda Marcos party

MANILA, Philippines (AP)—More than 240 people were brought to hospitals in the Philippine capital Wednesday with suspected food poisoning in an event celebrating the 90th birthday of former first lady Imelda Marcos. Bryant Wong, a disaster-response officer, said dozens of ambulances transported at least 244 people

who either vomited or grew dizzy hours after eating a breakfast of chicken stew with egg and rice and drinking water in a sports center in suburban Pasig city. Food and Drug Administration personnel took samples of the food to check if it caused the apparent poisoning. The incident cut short what was supposed to be a daylong celebration by more than 2,000 Marcos followers, Wong said.

Australian freed in N. Korea keeps mum about detention

TOKYO (AP)—An Australian student on Friday thanked Swedish and his country's diplomats for securing his release in North Korea but kept mum about what led to his weeklong detention. "I intend now to return to normal life but wanted to first publicly thank everyone who worked to ensure I was safe and well," Alek Sigley said in a statement released by his family's spokeswoman in Australia, a day after he was flew from Pyongyang to Beijing and then Tokyo to be reunited with his Japanese wife. He asked media to respect his privacy and said he has no plans to hold a news conference. Sigley, 29, had been studying at a Pyongyang university and guiding tours in the North Korean capital before disappearing from social media contact with family and friends on June 25.

WORLD BRIEFS

Tunisia bans face veils in public buildings for security

TUNIS, Tunisia (AP)—Tunisia has banned face-covering veils in state-run buildings for security reasons, ending a policy of official tolerance with the garment. Prime Minister Youssef Chahed signed an order on Friday demanding that ministers, governors and heads of public establishments "take the necessary dispositions to stop all people whose faces are covered from entering public buildings." The measure said the ban was needed "to preserve public security" and assure the smooth running of establishments. The "niqab" that hides the face was banned in state-run spaces under leader Zine El Abidine Ben Ali, toppled in 2011. However, it has made a gradual comeback—amid heightened concern over attacks, including two last week. A female suicide bomber, her

face covered, wounded nine people, mainly police officers, in an October attack in downtown Tunis.

Spain: Pamplona kicks off running of bulls festival

PAMPLONA, Spain (AP)—The blast of a traditional firework on Saturday opened nine days of uninterrupted partying in Pamplona's famed running of the bulls festival. A member of the northern city's official brass band was chosen for this year's launch of the rocket, known as the "Chupinazo," to mark 100 years since the local ensemble's foundation. Jesús Garísoain addressed an ecstatic crowd from the city hall's balcony, declaring "Long live San Fermin," the saint honored by the festival. The blast was met by an eruption of joy from revelers, who sprayed each other with wine, staining in pink the traditional attire of

white clothes and a red scarf.

Hungary: Death toll in Danube River boat crash rises to 27

BUDAPEST, Hungary (AP)—Hungarian police say a South Korean woman recovered from the Danube River has been identified as the 27th fatality of the May 29 crash between a tour boat and a cruise ship. Police said Saturday that the body was found at the village of Makad, 58 kilometers (36 miles) downstream from the scene of the collision at Budapest's Margit Bridge. Twenty-five of the 33 South Koreans aboard the Hableany (Mermaid) tour boat have been confirmed dead, as well as the two-man Hungarian crew. One South Korean remains missing and seven were rescued. The Ukrainian captain of the Viking Sigyn river cruise ship is the only suspect so far in the nighttime collision.

18 MONDAY, JULY 8, 2019 SAIPAN TRIBUNE

Health & Wellness

This advertorial is sponsored by



HEALTH IS WEALTH Tan Siu Lin Foundation



You may have obesity genes to blame

By MARI A. SCHAEFER
THE PHILADELPHIA INQUIRER

ome people who are over-

weight report that they eat no more than slender friends and exercise just as much, but still can't drop pounds. Now researchers think

but still can't drop pounds.

Now researchers think they know why this experience is entirely possible, an explanation they hope will help destigma-

tize obesity and offer new paths to prevent a condition linked with killers including cancer in ever-younger Americans.

Scientists at the Broad Institute of Massachusetts Institute of Technology and Harvard University found that there is a genetic tendency to obesity. The results were published Thursday in the journal Cell.

"We've known for a long time that some people are born with DNA predisposing them to obesity," said lead author Amit V. Khera, a cardiologist at the Massachusetts General Hospital Center for Genomic Medicine, in a press release. "Now, we can quantify those differences in a meaningful way, and potentially explore new routes for achieving better health."

Obesity is a major global health issue. Nearly 40 percent of U.S. adults and about 18.5 percent of children are considered obese, the Centers for Dis-

ease Control and Prevention reported.

The researchers looked at published data on how more than 2.1 million places in the genome affect body weight. They distilled the information into a single score for each individual. They validated the score by comparing it to data from nearly 120,000 people in a number of large scale studies including the UK Biobank, an open access database of health information collected from a

half million participants and used for research. They found that the 10 percent of adults with the highest scores were 25 times as likely to be severely obese, compared to those with the lowest scores.

"Your susceptibility to obesity is based on the variants you inherited from your parents," said researcher Sekar Kathiresan, director of the Cardiovascular Disease Initiative at the Broad institute, in a press release.

But Kathiresan also said that genetics don't necessarily ordain your weight—though some people do indeed have to work much harder than others to be slim.

When researchers compared the weight of those who had an inherited risk for obesity and those who did not at ages 18 and 50, they found there was a 30 pound difference, on average. But when they looked at the birth weights from the two groups, there was no difference, he said.

The inherited difference in weight gain begins to show up when people are about three or four years old, Kathiresan said.

"There is a golden period of intervention that can reduce risk for obesity, and that period is childhood," he said.

But even after childhood, exercise and proper nutrition can modify the risk that comes from inheritance, Kathiresan said.

The research findings give more insight into the biology of obesity and why some people stay thin. Studying thin individuals might help develop new treatments to help others avoid becoming overweight, Kathiresan said.

"We are hoping that this research really destignatizes obesity," he said.

The study looked primarily at people with European ancestry. Additional research is needed into different ancestral backgrounds, researchers stated.

QUINN ON NUTRITION:

Take time to be well

By BARBARA QUINN

THE MONTEREY COUNTY HERALD

Take time to be well or you'll have to take time to be sick. Not sure where I heard this but it has stuck with me. And oh, is it true.

One reader who attended a life-style program after a recent heart attack said it this way: "The one thing I have come away (with) from my medical blip is that it is best to avoid medical problems, especially heart disease. It is now so prevalent, a big killer, and affecting younger and younger people. I'm feeling better now and am in better shape than 6 months ago, prior to my heart attack. Count me as one who has really learned a lesson."

We can't always avoid some medical difficulties, but get this: According to the World Health Organization (WHO), at least 80% of all heart disease, stroke and type 2 dia-

betes and over 40% of cancer could be prevented IF we could (or would) eat a healthier diet, get more physical activity and stop smoking.

And may I add another one? Take time to sleep. Health-wise, adequate sleep (7 or more hours a night) is not an option, say experts. A recent study in the Journal of Sleep Research found that sleep-deprived individuals who increased their sleep time somewhere between 21 to 177 additional minutes per night were better able to control their cravings for sweets and salty foods and eat fewer calories during the day, These folks also had measurable improvements in their ability to avoid type 2 diabetes.

What does "eat a healthier diet" really mean? In terms of avoiding medical problems, it always begins with vegetables. As much as cavemen, vegans and everyone in between argue about the best diet for



A diet rich in vegetables is a cornerstone of a healthy life.

long term health, the one common denominator is a diet rich in vegetables. A healthful dose of vegetables is somewhere between 2 to 4 cups of a variety of raw or cooked veggies a day. (Check out www.choosemyplate.gov to get an exact recommendation for your individual needs.)

Study after study confirms that a diet richly enhanced with an array of colorful vegetables (more than corn and potatoes, please), provides nutrients and other powerful substances that protect the body from cancer, heart disease and type 2 diabetes. Think about it; if we

take the time to buy, prepare and eat more vegetables and fewer salty French fries, we may not need to spend valuable time trying to recover from a stroke, heart attack or other serious condition.

And while we're building muscle and endurance with additional physical activity, let's not forget the building blocks of that sixpack-protein. New research is now emerging that as we reach our mature years, we need more protein than originally expected to prevent weakness and enhance our immune system. Take time to include foods like eggs, fish, poultry, lean meats, beans, nuts and soy foods in each meal. It's better than having to take time to recover from a serious fall or illness. I'd say that's time well spent.

Barbara Quinn is a registered dietitian and certified diabetes educator affiliated with Community Hospital of the Monterey Peninsula. She is the author of "Quinn-Essential Nutrition" (Westbow Press, 2015). Email her at to barbara@quinnessentialnutrition.com.

Life & Style

Kevin Spacey accuser drops lawsuit against actor

BOSTON (AP)—A young man who says Kevin Spacey groped him in a Nantucket bar in 2016 has dropped his lawsuit against the Oscar-winning actor, his lawyer said Friday.

Spacey still faces a criminal charge. He pleaded not guilty to indecent assault and battery in January.

His accuser's lawyer, Mitch-

ell Garabedian, announced sage was left at his office.

According to the court fil-

allegations.

Variety reported Saturday that British detectives interviewed Spacey in May.

British police don't identify suspects until they have been charged. Without naming Spacey, the London force said that in May "a man was voluntarily interviewed under caution in America by officers from the Met's Complex Case Team. He was not arrested. Inquiries are ongoing."

the interview was recorded and can be used in future in an email that the suit filed June 26 in Nantucket Superior Court has been voluntarily dismissed. No reason was provided either by Garabedian or in the court filing. Garabedian said he would have no further comment. A telephone mesing, the suit was dismissed "with prejudice," means it cannot be refiled.

An email was left Friday requesting comment from Alan Jackson, Spacey's attorney. Jackson has previously said the man is lying in the hopes of winning money in a civil case against Spacey.

The legal development could have significance for the criminal case against Spacey, legal experts say.

While there are a range of reasons why a civil suit is dropped so quickly after being filed, it could be an indicator a private settlement was reached and that the accuser may ultimately stop cooperating with prosecutors, said William Korman, a former prosecutor in the Suffolk County District Attorney's office who is now a criminal defense lawyer specializing in sexual assault cases.

"Any settlement could not

be conditioned on a refusal to cooperate with the prosecution," said Korman. "Nevertheless, money is a great motivator for an individual not to follow through."

It's also possible prosecutors, upset with the timing of the civil suit, specifically asked the accuser to drop it, said David Yannetti, a former prosecutor who is now a criminal defense lawyer in Boston. The civil suit was filed months

into the ongoing criminal case, but such suits are typically filed after a criminal case is decided, he said.

"Maybe the prosecution said it's either about money or it's about a crime, but it can't be about both and you have to make a decision on where you want to go with this," Yannetti said.

The civil suit was likely filed before completion of the criminal case because the three-year statute of limitations is approaching, added Yannetti.

Scotland Yard questioned Kevin Spacey over assault claims

(AP)—British police have travelled to the U.S. to interview Kevin Spacey about sexual assault

The Metropolitan Police is investigating six claims of sexual assault and assault against the former "House of Cards" star, who ran London's Old Vic Theatre between 2004 and 2015.

"Under caution" means

prosecutions.

Spacey's attorney did not immediately respond to a request for comment.

In the United States, a young man who says Spacey groped him in a Nantucket bar in 2016 dropped his lawsuit against the two-time Academy Award winner this week. Spacey still faces a criminal charge over the alleged incident and pleaded not guilty to indecent assault and battery in January.

In 2017, American actor Anthony Rapp alleged that Spacey, who is now 59, had climbed on top of him on a bed when Rapp was 14 and Spacey 26.

After Rapp's allegation the Old Vic conducted an investigation into its former leader. It said it had received 20 allegations of inappropriate behavior by Spacey, and had encouraged 14 of the complainants to go to the police.

MAD leaving newsstands after 67-year run

SAN FRANCISCO (AP)— MAD, the long-running satirical magazine that influenced everyone from "Weird Al" Yankovic to the writers of "The Simpsons," will be leaving newsstands after its August issue. Really.

The illustrated humor magazine—instantly recognizable by the gap-toothed smiling face of mascot Alfred E. Neuman—will still be available in comic shops and through mail to subscribers. But after its fall issue it will just reprint previously published material.

The only new material will come in special editions at the end of the year.

DC, the division of Warner Brothers that publishes the magazine, said MAD will pull from nostalgic cartoons and parodies published over the magazine's 67-year run.

As Neuman would say, "What, me worry?" Worry not, for MAD has more than 550 issues packed full of political parodies and edgy humor to pull from.

The magazine set itself apart as a cultural beacon for

decades with its unabashed tendency to make fun of anything and push conventional boundaries. One of MAD's best known comic series, Spy vs. Spy, featured two spies with beak-like faces and big eyes-costumes that are still regularly worn on Halloween.

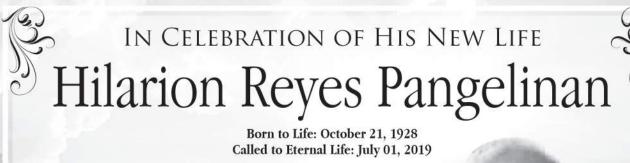
It even seemingly parodied fellow popular magazine Playboy, with its Fold-In feature that appeared in nearly every issue. But instead of featuring scantily-clad models, the Fold-In printed—what else?—another joke.

DC will keep publishing MAD special collections and books.

Illustrators and comedians, including one-time guest editor Yankovic, mourned the magazine's effective closure.

"It's pretty much the reason I turned out weird," he wrote on Twitter.

Josh Weinstein, a writer and producer of "The Simpsons"-which has referenced MAD many times—thanked the magazine on Twitter for its inspiring effect on eras of comedy.



In bis new life, be now joins bis:

Wife: †Maxima Cruz Pangelinan

Parents: †Jose R. Pangelinan & †Maria R. Pangelinan

Parents In Laws: †Pedro C. & †Rufina D. Cruz

Sons: †Juan D. Cruz, †Pedro C. Pangelinan and †Norbert C. Pangelinan

Daughter: †Agnes P. Deleon Guerrero

Grandchildren: †Carla Mae P. Benavente; †Emery Joseph I. Pangelinan; †Ruth

Margarette I. Pangelinan; †Kalani P. Deleon Guerrero

Brother/Sisters / In-Laws:

†Francisco R. Pangelinan; †Emilia P. & †Alfonso Palacios & †Ricardo Sablan; †Victoria P. & †Jose Concepcion & †Juan Mafnas; †Rita C. & †Albert Tenorio: †Jose D. & †Virginia Cruz; †Joaquin D. & †Ana Cruz; †Pedro D. & †Theodora Cruz; †Jesus D. Cruz; †Juan C. Arriola; †Miguel D. Cruz

His memories will be forever live in the bearts of his: Children & Families:

David Sablan & families

†Pedro C. & Judith I. Pangelinan

Nobert & Juliana Pangelinan & children & grandchildren

Shawn I. Pangelinan

†Emery Joseph I. Pangelinan & children Henry C. & Matilde L. Pangelinan

Jocelyn (Joyce) L. Pangelinan & children Lawrence L & Leilani Pangelinan & children & grandchild;

Ronny L Pangelinan & Gracie Lujan & children

†Agnes P. & Francisco C. Deleon Guerrero

Calvani P. Deleon Guerrero & Bridget Maratita & children Desiree' P. Deleon Guerrero & Adrian San Nicolas & children Latasia P. Deleon Guerrero

Ulysses P. Deleon Guerrero

Martin C. & Frances D. Pangelinan

Chrislaine D. Pangelinan & child

Maxine D. Pangelinan & child Francine P. & Jerad N. Atalig & children

Martin Jr. P. & Cyrstal C. Pangelinan & children

Rufina C. Pangelinan

†Carla Mae P. Benavente & children

Anthony P. & Glenda G. Benavente & children Lorna T. & Eddie Sablan & children & grandchildren

Fernando Hilarion P. & Meena L. Benavente & children

Oscar C. & Frances B. Pangelinan

Justin Muna & children

Nathan B. & Doreen P. Pangelinan Dustin B. & Evonnie C. Pangelinan & children

Oscar Ir. B. Pangelinan

Rebecca P. & John T. Santos

Trinny Ann Santos & Antonio Sablan Jr. & children John Jacob P. Santos

Lance P. Santos

Hilarion P. Santos

Brenda P. & Peter Trinidad Gregg P. Sasamoto & child

Latara P. Sasamoto & children

Latanie S. & Albert Naputi & children

Maxima S. & Kramer Young

Joshua Trinidad & Annie Mendiola & children & grandchildren

Charlotte T. Palacios & Marlon Raqueno & children & grandchildren

Suzanne T. & James Techaira & children

Leeroy C. & Vera T. Pangelinan

Julian T. & Leslie O. Pangelinan & children

Lanerva T. Pangelinan & Daryl Deleon Guerrero & children

Leeroy T. & Gio Pangelinan & children Juvian P. & Jose Giron & child

Janel Remy C. Pangelinan

Reared Daughters: Maria & John Ligmaw

Tracy Borja & Bobby Pangelinan & children Melissa Borja & Elias Cabrera & children Pedro Borja & Michelle Quenga & children Jerome Borja & Michelle Libby & children Diego Borja & children Brian Borja

Esther A. & Joaquin V. Deleon Guerrero

Larry John Deleon Guerrero & Cartrina Concepcion & children Pedro & Neda Deleon Guerrero & child

Anthony & Vanity Deleon Guerrero& children Weston Thomas Deleon Guerrero & Cristina Ta & child

Carmen DLG. & Jun Hwang & children

Esther Monique A. Deleon Guerrero Francisco Jose A. Deleon Guerrero

Brother & Sisters In-Law: Joey & Carmen Dela Cerna; Ana C. Cruz:

Maria Rios Cruz Family Friend: Cynthia Borja (Koichi)

07/08/2019 6:00 pm

He is additional survived by his numerous nieces. nephews and godchildren.

Daily Mass of Intension for the repose of his soul is being celebrated at

07/02/2019 6:00 pm San Antonio Church 07/03/2019 6:00 pm St. Jude Church 07/04/2019 7:00 am St. Jude Church 07/05/2019 6:00 pm St. Jude Church 07/06/2019 5:30 pm St. Jude Church 07/07/2019 6:00 am St. Jude Church

Funeral Services to be held on July 09, 2019. His remains will be escorted from CHC Morgue at 7:00 am to the Chalan Kanoa Cathedral.

St. Jude Church

Mass of Christian Burial will be offered at 11:00 am. Interment will follow at the Chalan Kanoa Cemetery.

Si Yu'us Ma'ase and God bless,

Children and families of the late †Hilarion Reyes Pangelinan

LIFE STYLE & **20** MONDAY, JULY 8, 2019 SAIPAN TRIBUNE

Lithuanian couple crowned 'wife carrying' world champions

(AP)—A Lithuanian man and his wife have won the world 'wife carrying' title, leaping over timber and wading through waist-high water to beat dozens of other couples for a second year running. The prize is the wife's weight in beer.

Vytautas Kirkliauskas and his wife Neringa Kirkliauskiene cleared a grueling 253.5 meter (278-yard) obstacle course in 1

People take part in the wife carrying race, a 278-yard obstacle course, during the 24th world championships in Sonkajarvi, Finland, Saturday, July 6, 2019. Despite the event's name couples don't have to be married, and organizers say male contestants could "steal a neighbor's wife" if they didn't have a female companion.

minute 6.72 seconds Saturday. That was just a tenth of a second ahead of former six-time world Katja Kovanen.

champion, Finland's Taisto Miettinen and his new partner stacle I thought I wouldn't make, but it's a great result"

"After the second ob-



Royal baby Archie christened at private Windsor ceremony

LONDON (AP)—The youngest member of Britain's royal family, Archie Harrison Mountbatten-Windsor, christened at Windsor Castle on Saturday in a private ceremony—too private for some royal fans.

The 2-month-old son of the Duke and Duchess of Sussex was baptized in the castle's private chapel by Archbishop of Canterbury Justin Welby, head of the Church of England.

Palace officials said that, in keeping with royal tradition, Archie wore a lace and satin christening gown—a replica of one made for Queen Victoria's eldest daughter in 1841 that was also used for his cousins Prince George, Princess Charlotte and Prince Louis.

He was sprinkled with water from the River Jordan at an ornate silver baptismal font that has been used in royal christenings for more than castle's Rose Garden in the

150 years.

Archie, born May 6, is the first child of Prince Harry and the former Meghan Markle, and seventh in line to the British throne.

His parents released two photos taken by fashion photographer Chris Allerton, including a black-and-white image showing the couple cradling a tranquil Archie between them, with the background.

It was accompanied by a color portrait taken in the castle's Green Drawing Room of the young family surrounded by relatives, including Harry's brother Prince William and his wife Kate; Harry's father Prince Charles and his wife Camilla; Meghan's mother Doria Ragland; and Jane Fellowes and Sarah McCorquodale, the sisters of Harry's late mother Princess Diana.

TV is over the moon with specials recounting 1969 landing

LOS ANGELES (AP)—The 1969 moon landing turned an achievement seen only in the imagination and sci-fi movies into a most improbable television event, a live broadcast starring Neil Armstrong and a desolate landscape.

The astounding images from more than 200,000 miles away mesmerized viewers, a feat TV hopes to replicate leading up to the Apollo 11 mission's 50th anniversary on July 20.

There's a galaxy of programs about the science, the people and the sheer wonder of the voyage, including documentaries with footage and audio not made public before and, of course, modern special effects to make it all the more vivid.

Among the highlights (all times EDT):

- "Apollo: Missions to the Moon," National Geographic, 9 p.m. Sunday. The two-hour film by Tom Jennings uses a mix of TV and radio news accounts, home movies, NASA footage and previously unaired mission control audio recordings to revisit all the manned Apollo missions.
- "The Day We Walked on the Moon," 9 p.m. Sunday, Smithsonian Channel. A by-the-minute description

of the day of the moon mission by those who were part of it, including astronaut Michael Collins, and those who viewed it from afar, such as Queen guitarist and scientist Brian May.

- "American Experience: Chasing the Moon," PBS and pbs.org, 9 p.m. July 8-10 (check local listings). Robert Stone's six-hour documentary, narration-free and using only archival footage, tracks the space race from its start to the lunar landing and beyond, examining the scientific innovation, politics, personal drama and media spectacle that pro-
- "From the Earth to the Moon," HBO platforms starting July 15. The 1998 miniseries is back with its original visual effects replaced by computer-generated ones based, according to HBO, on NASA reference models. The cast includes Sally Field, Gary Cole and Tom Hanks, who also produced the drama available on HBO Go, HBO Now and HBO On Demand. A HBO channel marathon airing of all 12 episodes begins at 8:45 a.m. July 20.
- "8 Days: To the Moon and Back," PBS, 9 p.m. July 17 (check local listings). Co-

produced by PBS and BBC Studios, the new film tracks the mission from countdown to splashdown with a combination of recently declassified audio, interviews with the Apollo 11 crew, mission reenactments, archival TV news footage and photographs.

- "NASA's Giant Leaps: Past and Future," NASA TV and Discovery Science Channel, 1 p.m. July 19. A salute to the Apollo astronauts and to the space agency's future missions, broadcast from the Kennedy Space Center and with segments from the Johnson Space Center in Houston and the Museum of Flight in Seattle, where the Apollo 11 command module is on display.
- "Apollo: The Forgotten Films," Discovery, 8 p.m. July 20. Footage from NASA, the National Archives, news reports and other sources provides a behind-the-scenes look at how engineers, scientists and astronauts achieved the moon landing goal set earlier in the decade by President John F. Kennedy.
- "The National Symphony Orchestra Pops presents Apollo 11: A Fiftieth Anniversary," PBS, 9 p.m. July 20. NASA, the Kennedy Center for the Performing Arts and

the symphony collaborated for this musical and visual tribute to the moon landing, with appearances by Pharrell Williams, Natasha Bedingfield and LeVar Burton. Meredith Vieira and Adam Savage host.

- "Apollo 11," CNN, 9 p.m. July 20. The documentary film from director-producer Todd Douglas Miller recounts the mission from the Saturn V rocket's transport to its launch pad to the astronauts' return to Earth, using newly discovered 70mm footage, extensive audio recordings and other digitized and restored material from the National Archives
- "Moon Landing Live," BBC America, 9 p.m. July 20. News archives from around the world and NASA tootage are used to recount the mission's ambition and achievement and how it captured international attention.
- "Confessions from Space: Apollo," Discovery, 10 p.m. July 20. The program with the tabloid-sounding title gathers six astronauts who took part in Apollo program missions to jointly share their memories and insights. Among them are Apollo 11's Collins and Buzz Aldrin and Charles Duke of Apollo 16.

Kirkliauskas said, adding "my wife, she is the best."

Couples from over a dozen countries, including Australia, France and Germany, took part in the annual race in the central Finnish municipality of Sonkajarvi, 300 miles (480 kilometers) north of Helsinki, the capital.

The rules stipulate that the woman must be over 17 years of age and weigh at least 49 kilograms (108 pounds). Despite the event's name, couples don't have to be married, and organizers say male con-

testants could "steal a neighbor's wife" if they don't have a female companion.

The event is inspired by a Finnish legend, "Ronkainen the Robber." In the 19th century tale, a gang pillages villages and steals the women. The length of the obstacle course is said to be the distance needed to avoid being shot by pursuers.

While the sport might have its origins in a dark legend, for participants it's just lighthearted fun and the women can seem as enthusiastic

Dubai's ruler, estranged wife headed for court clash in UK



In this Wednesday, June 20, 2012 file photo, Sheikh Mohammed Al Maktoum and his wife Princess Haya of Jordan walk towards the paddock on the second day of Royal Ascot horse race meeting at Ascot, England.

LONDON (AP)—A legal battle between the powerful. poetry-writing ruler of Dubai and his wealthy estranged wife is leading toward a showdown in a London courtroom later this month.

The family division court case scheduled on July 30 pits Sheikh Mohammed bin Rashid Al Maktoum against Princess Haya, daughter of the late King Hussein of Jordan and an accomplished Olympic equestrian on friendly terms with horse aficionado Queen Elizabeth II.

The hearing is expected to focus on who will have custody of their two young children now that the princess has left Dubai. She is believed to be in Britain, where she owns a gated mansion on Kensington Palace Gardens, a private street lined with some of the world's most expensive homes and cars.

When The Associated Press asked via intercom for an interview with Princess Haya or one of her representatives, a man emerged to say there would be no comments made on her behalf. He didn't indicate whether she was in the residence.

The clash between Sheikh Mohammed and Princess Haya is the latest sign of trouble in his extended family. Last year, a daughter of Sheikh Mohammed tried to flee Dubai after appearing in a 40-minute video saying she had been imprisoned on and

off for several years and had been abused. Her friends say she was forcibly returned after commandos stormed a boat carrying her off the coast of India when she tried to flee the Emirates.

The sheikh, who is the vice president and prime minister of the United Arab Emirates in addition to being the ruler of Dubai, is among the most influential figures in the Middle East. He also composes poetry, a long tradition among Gulf Arabs, and it was his own words that sparked the initial rumors that Haya had fled Dubai.

The talk started after a verified Emirati Instagram account followed by the Dubai ruler's son posted a poem last week attributed to Sheikh Mohammed. The poem, titled "You Lived and You Died," is about disloyalty, leading to speculation it is about Princess Haya.

"You betrayed the most precious trust, and your game has been revealed," the poem says. "Your time of lying is over and it doesn't matter what we were nor what you are."

The harsh words caused reverberations and speculation throughout royal circles in the Middle East and beyond.

The princess, 45, and Sheikh Mohammed, 69, were married in 2004 and have a daughter, 11, and son, 7, together. Both were educated at elite English universities and they share a love for horses.

Stevie Wonder says he's getting a kidney transplant in fall

LONDON (AP)—Stevie Wonder surprised concertgoers in London Saturday night by announcing that he will take a break from performing so that he can receive a kidney transplant this fall.

The 69-year-old music legend made the announcement after performing "Superstition" at the end of a packed British Summer Time concert in London's sprawling Hyde Park.

He said he was speaking out to quell rumors and sought to reassure fans that he would be okay.

"I'm going to be doing three shows then taking a break," he said. "I'm having surgery. I'm going to have a kidney transplant at the end of September

He said a donor has been

found and that he would be fine, drawing cheers from a devoted crowd of tens of thousands that stretched out from the stage as far as the eye could see.

"I came here to give you my love and to thank you for yours," he said. "You ain't gonna hear no rumors about us. I'm good."

He did not provide additional information about his kidney illness. There had been a recent report that Wonder was facing a serious health issue.

A representative for Wonder didn't immediately respond to a request Saturday for details about his health. He has kept an active schedule, including performing recently at a Los Angeles memorial service for slain rapper Nipsey Hussle.



Wonder, who has received more than two-dozen Grammy Awards, has produced a string of hits over a long ca-

reer that began when he was a youngster who performed as Little Stevie Wonder. His classic hits include "You Are In this Tuesday, Nov. 27, 2018 file photo, Stevie Wonder performs live at the "House Full of Toys 22nd Annual Benefit Concert" press conference in

the Sunshine of My Life" and "Living for the City."

Wonder seemed in top form throughout the concert, performing a series of his hits and paying tribute to musical heroes including Aretha Franklin, Marvin Gaye and John Lennon, performing a stirring rendition of the latter's "Imagine" near the end of the show.

It was a joyous event, with his fans reveling in the warm summer night—though a light drizzle fell near the end—and the career-spanning retrospective that evoked Wonder's early days as a young Motown star.

He did seem less ebullient than in the past and made his health announcement in a somber tone with a severe look on his face. But he was smiling as he left the stage with the band playing the memorable conclusion of "Superstition" one final time.

Jay-Z's companies sue NYC licensing company for fraud

NEW YORK (AP)—Jay-Z's business entities sued a New York City licensing firm, claiming it cheated the companies as part of a "colossal accounting scandal."

The lawsuit accuses Iconix Brand Group Inc. of lying about its finances when it made deals with the rapper's Roc Nation apparel company. There was no immediate response to a phone message Friday seeking comment from Iconix.

When Roc Nation entered into a brand partnership with Iconix in 2013, the defendant company was fabricating financial reports to falsely inflate its earnings, according to the suit filed Thursday in state court in Manhattan.

The allegations arise "out of a massive years-long fraud perpetrated by Iconix and its affiliates to amass a portfolio of trademarks under false pretenses, in the process defrauding its li-

censees and partners, and setting off a colossal accounting scandal the depths of which are still being uncovered," the suit says.

It adds that the scheme "sent its share price from a peak of more than \$400 per share in 2014, to less than a dollar today."

Jay-Z, who's given name is Shawn Carter, was questioned behind closed doors last year about the fraud allegations by the Securities and Exchange Commission. At the time, his lawyers said they didn't believe he had any relevant information to share with SEC investigators.

The suit says Jay-Z's companies "have incurred substantial legal expenses in connection with, among other things, the federal government's investigations into Iconix's massive fraud."

The plaintiffs are seeking payment of legal fees and unspecified damages.

Kane Brown dedicates song 'Homesick' to military families

NASHVILLE, Tenn. (AP)— Country singer Kane Brown says his new single "Homesick" may have been written about his experience traveling on the road and being away from his loved ones, but military families have connected to the song.

Brown's song is dedicated to military families, and the music video features returning service members surprising their families.

"I feel like the normal person can't relate to the 'Homesick' song because they're gone you know 9 to 5 and they come home," Brown said.

The song from his 2018 album "Experiment" is a pop country acoustic ballad. Brown wrote it about having to leave home every week to play shows around the country, he said.

"I was trying to find somebody else that could relate to just being away from home all the time," Brown said. "We had a bunch of fans send their homecoming videos in and made an awesome music video, very tear-jerker music video."

He said he's currently shooting a second music video for the song that will also focus on the military but be more like a short film.

"I thought there's not many songs going out these days about the military like there used to be," Brown said. "I felt like this would really hit home for them. Just kind of like memories of, you know, anybody dancing in a kitchen, singing favorite songs with each other."

This is the third single from the "Experiment" album, following the No. 1 country airplay hits "Lose It" and "Good As You.'

Brown, who started his career on social media posting cover songs online, said that he has seen a lot of positive responses from military families about the song.

"And like when I see somebody that's in the military at all, if they message me on social media, it's something that I always got to reply back," Brown said.

Marvel's first openly trans actor calls for more portrayals

LOS ANGELES (AP)—The first openly transgender actor in the Marvel Universe says there needs to be more representation of his experience.

Zach Barack plays a classmate of Peter Parker's in "Spider-Man: Far From Home." His gender identity is not addressed in the brief role.

Barack said that to him, su-

perhero movies "always felt like a trans story because it's talking about identity."

"It's about separating what people know about you and what they don't," Barack said at last week's premiere of the film. "And I think that's something I kind of live with every day. And on top of that, I don't see a lot of trans-masculine people on television or trans men specifically, and getting to be part of that is beyond unreal."

The 23-year-old Chicagoarea native, who also appeared in the TV series "L.A.'s Finest," said there needs to be more roles for trans people in all sorts of movies.

"The truth is you have to put out there what people want to

see and what people need to see," he said. "And as a young person who is trans, I didn't see a trans man on TV ever, ever, really, until I was like, 17. So having a fun movie about a class going on a trip together, and I get to be part of that, I can't even ..."

The new Spider-Man movie is now playing in theaters.

Remembering baby they lost is an annual ritual for couple

EAR ABBY: Thank you for responding to "Crystal in Nevada's" June 7 question about her aunt and her aunt's baby who was stillborn. Few people talk openly about pregnancy loss, yet I worry your response might discourage parents from remembering their children out loud, for fear it might seem too morbid for others

My daughter, Evelyn, was born at 21 weeks gestation and died at birth. She would turn 7 this fall. I think about her every day. In the wake of her death, I sought help from a pastor, and I also belong to a support group.

Every year on her birthday, my spouse and I put a birthday candle on a cake or a stack of pancakes or a tiny cookie. This is important to us, and this is how we remember her. I wonder if this is "truly sad." How ought we remember her? She was

People remember anniversaries around grief in different ways, and we should be cautious about judging what is and is not appropriate. If a person's grief gets in the way of everyday living, then she or he should seek counseling. But a person acting out their grief on the anniversary of a loss should evoke our empathy rather than judgment. I hope Crystal's aunt knows there is a whole sisterhood/brotherhood out here who will remember her baby with her.

ADRIANNE IN PENNSYLVANIA

DEAR ADRIANNE: I'm glad you wrote. I appreciate your reminding me that there are many ways to grieve. If it brings comfort to those who have suffered a loss, no judgment should be passed. I apologize to any and all grieving parents who were affected by my answer because it's clear that my response caused hurt feelings, and for that I am truly sorry.

DEAR ABBY: I'm a professional, independent female in my early 40s. I'm not sure how to handle a friend I've known for nearly 10 years. She's beautiful, with a magnetic personality, but she has a terrible habit of lying and embellishing about friendship can be salvaged or if I even want to. things big and small, inconsequential and serious.

There have been times I've been appalled by the enormity of her lies, and embarrassed for her when someone indicates they're aware that what she's said isn't true. I have gently reminded her more than once that it'll catch up to her and encouraged her to be honest. She persists.

My problem: A few years ago, when she expressed a desire to "expand her circle," she incorporated some of my closest friends and their friends. Boundaries have been blurred and the need to impress others (lie, greatly exaggerate) has grown worse. These new friends are drawn to her dynamic personality, yet I can no longer stomach her rampant dishonesty. Will I possibly lose or damage other relationships by ending my friendship with her? Should I label her a liar and watch her react? I don't know if this

DEAR ABBY

By ABIGAIL VAN BUREN UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



SICK TO MY STOMACH

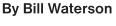
DEAR SICK: You don't have to make any grand announcements regarding this poor woman. Stepping back from a relationship with a compulsive liar should not damage your other friendships. People will soon recognize her for what she is, and will likely follow your example. If, however, you are ASKED why you no longer socialize with her, I think you should quietly answer the question truthfully.

To order "How to Write Letters for All Occasions," send your name and mailing address, plus check or money order for \$8 (U.S. funds) to: Dear Abby - Letter Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. Shipping and handling are included in the price.

22 MONDAY, JULY 8, 2019 SAIPAN TRIBUNE

Pastimes

Calvin and Hobbes



Garfield®

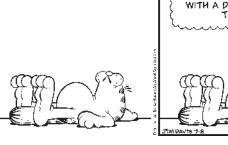
By Jim Davis













Adam@home

Shankar

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17 Wise

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18 Decree

20 Crunchy

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22 "Unh-unh"

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Latifah

32 Grammar

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33 Opposite

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Drescher

24 Emulated 61 Proof

was

16

By Bryan Basset

CELEBRITIES BORN ON THIS DAY: So-

phia Bush, 37; Milo Ventimiglia, 42; Kevin Ba-

Happy Birthday: Take advantage of what life has

to offer and you will discover a world that can help

you overcome negativity and promote happiness

and new beginnings. Use your creative imagination

to help you see what you've missed, and you will

improve your attitude, your relationship with others

and your ability to gain insight into what's possible.

you your community or your future. What you

learn will change the way you do things moving

forward. Get along with people who count.

ARIES (March 21-April 19): Keep

moving forward. Get out and be a part of

something that will make a difference to

TAURUS (April 20-May 20): If you

make a move too quickly, it will cost

you. Keep your thoughts to yourself and

Your numbers are 6, 17, 25, 27, 32, 38, 41.

con, 61; Anjelica Huston, 68.

The Duplex

By Glenn McCoy













CROSSWO	ORD	By Eug	ene Sheffer
ACROSS	44 Toucan	2 Group of	19 Roofing
1 Quirky	feature	two	goo
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ACROSS	44 Toucan	2 Group of	19 Roofing
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7 Mystique	50 Soup	4 Mouths	23 Bewitch
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maid's

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letters

Shrek, for

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9 Fix 31 Plant illegally seeds 35 Squeak 10 High stopper card 38 Needle 12 Seating areas hole 40 Use a for outdoor taser

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50 "Kapow!" 51 Flamenco

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52 Marry

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48 Otherwise

see what others have to say or do before you divulge your plans. You are likely to have second thoughts. Romance is on the rise. GEMINI (May 21-June 20): Pay closer attention to the people around you and 42 Red-tag those you love. You can change the way meals events others perceive you if you offer a kind word, Solution time: 26 mins. 45 Hardy smile or acknowledge others' accomplishments. cabbage Use your intelligence to bring about positive 47 Baghdad's

change. OOOOO

CANCER (June 21-July 22): An emotional incident is best toned down. If you overreact or let a situation escalate, you will have to backtrack. Move on, and do something that will make a positive difference to you or a cause you want to help. 😂

LEO (July 23-Aug. 22): Make decisions for the right reason. Ulterior motives will lead to trouble. Be open regarding what you want and what you are willing to give back. Don't let a rejection or change someone makes stop you from doing what's best for you. ••••

VIRGO (Aug. 23-Sept. 22): Don't trust someone else to take care of your responsibilities. Discipline will be required, but in the end, the outcome will be worth the effort. An acquaintance will be a reminder of an emotional situation you'd like to forget. OOO

LIBRA (Sept. 23-Oct. 22): Choose your words wisely, and think before you act. Someone will get the wrong impression if you leave anything unsaid. Be precise, but don't give ultimatums. An unexpected change will alter the way you choose to move forward. •••

SCORPIO (Oct. 23-Nov. 21): Don't wait to be asked to 1 care of responsibilities first and foremost, and you will avoid an unnecessary argument or unexpected change of plans. Make love and peace your priorities. Personal improvements are

favored. OOO SAGITTARIUS (Nov. 22-Dec. 21): Put your heart and soul into what you do today, and the rewards will come your

way. A moneymaking opportunity is apparent, but before you say yes, check out who's participating and the risks involved. When in doubt, go it alone. OOOO

EUGENIA

THE LAST WORD IN ASTROLOGY





CAPRICORN (Dec. 22-Jan. 19): Refuse to let an emotional incident turn into a costly mistake. Deal with situations that

sonal change should be handled with care Ω AQUARIUS (Jan. 20-Feb. 18): Don't make a change prematurely. Do your research, and be willing to put in the legwork necessary to turn your plan into a success. Don't go along with the crowd because you feel insecure following your heart and doing your

could slow you down first to ensure that you can

address the things that matter most to you. A per-

own thing. OOOOO PISCES (Feb. 19-March 20): Getting involved in something that interests you is a good thing, but overspending isn't. Pick and choose your friends, your projects and what you spend your money on. An older friend or relative will offer stellar advice.

Birthday Baby: You are bold, aggressive and sentimental. You are imaginative and engaging.

To submit astrological questions to the "Dear Eugenia" column, visit Eugenialast.com, or join Eugenia on Twitter/Facebook/LinkedIn.

Friday's answer

Conceptis Sudoku By Dave Green

	1					,		
1							6	9
4		2		5	8			
								8
	3	7			6		8	1
	5 4	1		3		6	7	
8	4		2			9	5	
7								
			4	1		3		5
3	9							2

Difficulty Level *

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday

Friday's SIIDOKII Answer

to Saturday.

7/08

Trially o observe raisens.									
6	1	4	8	7	3	2	9	5	
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Differen	D: Lev		**					3,015	

Wonderword OUELLET

HOW TO PLAY; All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD. GEORGIA ENGEL (1948-2019) Solution: 13 letter

M R E F I N N E J E A N H O DOCOACHSMBRENDA RMCSWWAINOSAESE A R U T H H T R L R M L P \$ E WSTNIELEEOFOES AHTTYSSTDVMAMRH RENEXIEAOMU LRYNIASTRKOISCE AIBTTYLFRLIAN I L ZEWBUETAFBEY¢E MYDOGYHIPPOELC ONARLOCNTAMAMIM ONOEMECNADGATOI RERADOHRHGUALVN G P B E T T Y Y M M E N G E L

© 2019 Andrews McMod Syndicution — www.wondorwo Actress. Award, Baxter. Benjamin. Betty. Boat. Brenda, Broadway, Cleo, Coach, Dance, Emmy, Engel. Family, Georgette, Groomzilla. Irene, Jean, Jennifer, John, Lamp, Laugh, Love. Mama. Mary Tyler, Moore, Muny, Music, Office, Oklahoma, Open, Outside Man, Pat, Penny. Rhoda, Robin, Roles, Ruth, Season, Shirley, Sitcom, Slept, Susan, Time, Vera, Voice, White Last Friday's Answer: Electricity

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SAIPAN TRIBUNE MONDAY, JULY 8, 2019 **23**

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RFP19-CHCC/CGC-016



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*Mandatory bidders meeting on July 03, 2019 @ 11:00 am, Saipan time @ CHCC Conference Room #3.

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*Off-island vendors, please email Subroto Banerji @ Subroto.banerji@dph.gov.mp for a Zoom link.

/S/ ESTHER L. MUNA CHCC CHIEF EXECUTIVE OFFICER

/S/ SUBROTO BANERII ACTING CHCC DIRECTOR OF P&S

BOAZ CORPORATION

Has an opening for **ACCOUNT CLERK**

Job Duties:

Provide accounting and clerical support to the accounting department. Type accurately, prepare and maintain accounting documents and records. Prepare bank deposit, general ledger posting and statements. Reconcile accounts in a timely manner, Daily enter key date of financial transaction in database, Provide assistance and support to company personnel. Research, track and restore accounting or documentation problems and discrepancies. Inform management and compile reports/summaries on activity areas. Function in accordance with established standard, procedures and applicable laws. Constantly update job knowledge.

Requirements:

Job duties:

Requirements:

Proven accounting experience, preferable as an Accounts receivable clerk or Accounts Payable Clerk. Familiarity with bookkeeping and basic accounting procedures. Competency in MS Office, databases and accounting software. Hand on Experience with spreadsheets and financial reports. Aptitude for numbers. Ability to perform filing and record keeping tasks. Data entry and word processing skills. Well organized. High school degree or Associate's Degree or relevant certification is a plus. Korean/Speaking/reading and writing is a plus to better communicate with Tour Company partners in Korea. A lot of account payable and receivables are from tour agencies from Korea who gave customers to handle while they are in Saipan. Most of this documents are in native Korean language and having an Account Clerk, who can read, write and speak the Korean language would be a great help to our company in making sure each transactions are accurate. In the event that are discrepancies, the Account Clerk would have to verify each transaction with the Korean Tour Agency to reconcile each transaction to ensure accuracies. Language barrier would be a great inconvenience to both our company and our tour agency partner in Korea in making sure each transaction are well documented and reconciled to reflect maximum accuracy.

Salary: \$8.84- \$ 9.38 per hour Interested applicants Send resume to boazcorp2017@gmail.com or call 1-670-234-1667 Deadline for applications is July 10, 2019. This job opportunity is a temporary, full-time position.

RAINBOW CORPORATION

Has an opening for

COOK

• Shop and Order all Material and Supply needed for the

• Cooks and prepares customers order based on the menu.

Analyze recipes to assign prices to menu items, based on

• Check the quality of raw or cooked food products to ensure

· Collaborate with management to plan and develop recipes or menus, taking into account such factors as seasonal

availability of ingredients or the likely number of customers.

• Check the quantity and quality of received products.

• Knowledge in different Japanese spices and ingredients. • Must be able to read, write and speak Japanese.

Interested applicants Send resume to limsoffice@yahoo.com

or call 1-670-234-1667 (Monday to Friday, 8am-5pm except

· Plans and select Restaurant Menu.

Manage costing of Menu Items.

food, labor and overhead costs.

• Vast knowledge in Japanese cuisine

24 months work related experience.

This is a temporary full time position.

• Police Clearance required

Salary: \$14.40-15.50 per hour

that standards are met.

Arrange for equipment purchases or repairs.

BOAZ CORPORATION

Has an opening for **TOUR GUIDE (3)**

<u>Job Duties:</u>

Handle pre-arrange package tours & activities surrounding in-bound tours, have the ability to carry out activities numerated in the package tour, prepares reports on tour activities, correspond with tour operators in Korea, prepare exit & arrival schedules, must be able to formulate, organize & execute an attractive & competitive tour package in Korean to be sold in Korea, confirms reservations, arranges sales of optional tours or services. Assist in selling of optional tours, assist customers on daily basis in explaining all the optional tours and rental items available and perform other duties as assigned or as required. Explain the different optional tours available on the island. Explain and inform tourist customers about the different historic tourist spots on the island to give each customers knowledge about the islands history and its significance to the people of Saipan.

Requirements:

12-24 months related experience in tour/travel industry. Must be able to speak, read and write Korean Language. Computer skill required, excel and word.

At least High school graduate. Must possess a Tour Guide Certificate from MVA/NMC.

Must possess a valid CNMI Driver's License. Must be willing to work flexible schedule. Must provide prior related experience certificate.

Salary: \$9.23 per hour

Interested applicants Send resume to boazcorp2017@gmail.com or call 1-670-234-1667 This job opportunity is a temporary, full-time position.

RAINBOW CORPORATION

Has an opening for

OPERATIONS MANAGER

Job duties;

- Observe Staff performance to on to assure conformance with company standards.
- Develop or implement product-marketing strategies, including advertising campaigns or sales promotions.
- Direct administrative activities directly related to making products or providing services.
- Direct and coordinate activities of business.

 Direct non-merchandising departments of business, such as
- advertising or purchasing.

 Direct or coordinate financial or budget activities to fund operations
- or increase efficiency.
 Coordinates with other Tour Agencies who handles incoming Korean
- Tourist customers.
- Assist in arranging & coordinating activities of Tour companies engaged in conducting marine & land tour activities for Korean tourists, observe agent performance on tours to assure conformance with standards
- Prepares reports on tour activities, correspond with tour operators in organize & execute attractive & competitive tour package in Korean to be sold in Korea
- Act as liaison between tour agents and company and resolves any
- Must know system knowledge in computer and perform other duties

- High School Graduate with 4 years related experience or College
- 4 Years experience in a tour or travel industry.
- Must have computer skill for input of daily sales, handling reservations and corresponding with other agents.

 Must be able to read, write and speak Korean.
- Police clearance required will be equally applied both to US workers
- Proof of Previous employment is required.

Salary: \$17.23 per hour

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This is a temporary full time position.

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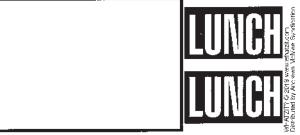
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Find the familiar phrase, saying or name in this arrangement of letters.



Find today's solution in classified section

5 possible destinations for Westbrook

The Paul George era in Oklahoma City is over. Rus-Westbrook's running mate was shipped to the Clippers early Saturday

morning in a coup staged by Kawhi Leonard, signaling another reset for the Thunder just three summers after Kevin Durant's departure for the Bay Area. Contention in the Western Conference is unlikely in 2019-20.

Friday's deal marked a step back for the Thunder, but could trigger a full-scale rebuild be on the horizon. Oklahoma City is now armed with a historic bounty of picks from the Clippers along with promising point guard Shai-Gilgeous Alexander. veteran Steven Adams and Danilo Gallinari on an expiring contract. Thunder GM Sam Presti has several options to add picks, young prospects or create more cap relief. But the Thunder won't fully dive into a rebuild unless one player is dealt: Westbrook.

It was a tumultuous 2018-19 season for the former MVP. At times, Westbrook was a dynamic maestro, artfully slicing to the tin and dishing to wide-open teammates. The Westbrook-George dynamic thrived with Westbrook as a facilitator, leaving his worst impulses in the locker room. The playoffs were a different story. Westbrook shot just 36% from the field and 32.4% from three in the postseason as the Thunder lost to the Blazers in five games, marking a third straight first-round exit for Oklahoma City. The team's title window fades by the year, and a Westbrook deal could be the key to a reset. Warts and all, Westbrook is still among the league's top point guards, and an absolute menace when harnessed correctly. He could still fetch a serious haul.

So where could Westbrook land if Presti pulls the trigger on a second blockbuster move? Here are five potential trade destinations.

New York Knicks

After losing out on Kevin Durant, is adding his former teammate the next best thing for the Knicks? Maybe not, but this could be the move to save face for James Dolan and Co. at Madison Square Garden. The Knicks have the assets for a potential deal, even if they have to wait until December or February's trade deadline. New York could offer aspects of their attempted deal for Anthony Davis, including Kevin Knox, Frank Ntilikina, Mitchell Robinson and the first-round picks acquired from Dallas in the



Kristaps Porzingis trade. The Knicks could also eventually dangle their recent free-agent acquisitions including Julius Randle and Bobby Portis. The slate of two-year contracts added to the roster should give New York plenty of flexibility should the Knicks wish to make a superstar deal.

It's unclear whether adding Westbrook would result any notable success in New York. Perhaps he could channel his 2016-17 form and carry the Knicks to the playoffs; a weakened East could help his campaign. But even if the lights at MSG stay on through April, Westbrook's arrival wouldn't make the Knicks contenders. The franchise would likely be best served preaching patience with its young core, putting its entire energy into R.J. Barrett and other prospects. But the Knicks' circus never seems to end, and the assets are in place to make a deal. At least Westbrook could add a jolt of energy into what is presently a lifeless franchise.

Minnesota **Timberwolves**

If the George trade is a true

indicator the Thunder wish to get younger, Minnesota could be one of their first calls. A potential deal would be simple. Andrew Wiggins could still be a franchise building block despite a disappointing 2018-19 campaign and salary matching wouldn't be as tricky with Minnesota as other teams. The former No. 1 pick would mark a solid return for Westbrook, pairing Wiggins and Gilgeous-Alexander as the backcourt of the future along with the Thunder's newfound treasure chest of picks.

Westbrook would be a key factor in vaulting Minnesota back into the playoff race in year two of the Ryan Saunders era. The Wiggins and Karl-Anthony Towns dynamic failed to blossom last season as Wiggins struggled and Towns failed to lift Minnesota from the West cellar. Minnesota didn't have a proper pickand-roll partner for Towns as Derrick Rose largely operated as a one-man band. Westbrook and Towns could become one of the league's most dynamic one-two punches, potentially vaulting the Kentucky proddiscussion.

Miami Heat

Pat Riley already went star hunting once this summer and landed Jimmy Butler in a trade with Philadelphia. Could he pull off another deal for Westbrook? Miami has never been afraid of chasing stars, angling itself for (unsuccessful) runs at Kevin Durant and Chris Paul. The Heat's current core appears tapped out and in need of a facelift. Westbrook could be the new face of South Beach.

Does Miami have the assets to land Westbrook? There is a potential pathway to a deal. Miami could send a package centered around Bam Adebayo and Justise Winslow to Oklahoma City, and Goran Dragic could also be on the move granted the Thunder wish to acquire an aging point guard. Miami has little draft compensation to offer, though Presti is already rolling in picks after the George deal. There isn't significant upside in the deal for Oklahoma City on the surface, but Miami can provide a high-floor landing spot if the Thunder are eager for a rebuild.

Boston Celtics

Boston may be the most intriguing landing spot if Danny Ainge continues to reshape the Celtics roster. The Celtics could offer a potential deal around Gordon Hayward and Jaylen Brown, choosing to pair Westbrook with the recently acquired Kemba Walker. Or they could wait until 2020 and deal for Westbrook as an upgrade over Walker. Westbrook lifts the Celtics' ceiling back into the Finals conversation while Walker's limitations will likely end the Cs' season by mid-May. Ainge could make his second bold point guard upgrade in three years after swapping Isaiah Thomas for Kyrie Irving in 2017.

Is there reason for Oklahoma City to contemplate such a deal? Walker could add a dose of stability amid a rebuild, steadying the ship similar to his time in Charlotte. He's an ideal face of the franchise off the floor, and a player who will cost roughly \$10 million less than Westbrook each year of their respective deals. Westbrook can cause his share of headaches, while Walker is a perfect soldier. If a new era looms, Walker is be a strong candidate to be Oklahoma City's bedrock.

Orlando Magic

The Magic aren't the most exciting location for Westbrook

uct back into the All-NBA to land, but the two teams do line up well for a potential trade. Orlando has been searching for a point guard for the last half decade and D.J. Augustin is nowhere near the long-term answer despite a surprisingly strong 2018-19. Westbrook could take the reins from Day 1 and soar his usage rate close to his MVP levels.

> Oklahoma City could eye Jonathan Isaac in a potential the reset button

deal as well as Aaron Gordon and his contract. Or the Thunder could take a chance on Mo Bamba, and the Fultz reclamation project could find its third team. The Magic may also add a stream of picks, growing Presti's haul to even greater levels. Westbrook might not be thrilled in Orlando, but the Thunder could stock additional young assets and picks if the franchise chooses to hit

It's new day in the NBA, and a welcomed change

LAS VEGAS (AP)—There is no favorite.

This is what the NBA wanted. And needed.

The biggest piece of valid criticism about the league in recent years has been it's predictable. Golden State got to the last five NBA Finals. LeBron James had made it there eight years in a row, four with Miami and then four more with Cleveland. Brooklyn used to be the 'other' team in New York, and the Clippers used to be the 'other' team in Los Angeles.

No more.

Welcome to a new NBA. If you think the Clippers can win it all next season, or the Lakers, or Utah, or Philadelphia, or Milwaukee, or Houston, or Denver, or even Golden State and maybe a few others, you're right.

Technically, there is a favorite: The sports books in Las Vegas, after hearing the news that Kawhi Leonard and Paul George are heading to the Clippers, listed them as the best bet Saturday to win the 2020 NBA championship.

There wasn't much NBA intrigue at this time last year. The Warriors were adding DeMarcus Cousins to a team that won the last two championships and were seemingly locks to win a third consecutive title.

Everyone knows it didn't work out that way.

Toronto took care of that..

This year, though, the newfound balance of power—dare we say "parity"— seems like a done deal. The East still has a 60-win team in Milwaukee returning the reigning MVP in Giannis Antetokounmpo and shooting guard Khris Middleton, so the Bucks may be the favorite right now on that side of the league. Philadelphia lost JJ Redick and Jimmy Butler, adding Josh Richardson and Al Horford to a team that looks to be dominant defensively.

No one will count out Boston,

because of Brad Stevens and

now Kemba Walker.

Miami got better even after losing Dwyane Wade with the addition of Butler and the Heat might throw their hat in the ring if Russell Westbrook is indeed available following the George trade to the Clippers. Brooklyn gets Kyrie Irving this season and now knows it'll be adding Kevin Durant next season, once he returns from his Achilles rehab. Atlanta's young core may be the most promising in the NBA.

And let's not forget the East also has the reigning NBA champion Raptors, albeit without Leonard and Danny Green.)

But the West ... wow.

The Clippers kept Patrick Beverley, have an amazingly talented bench led by Lou Williams, a coach everybody wants to play for in Doc Rivers and now gets two of the very best players in the game with Leonard and George. The Lakers still have James, added Anthony Davis, kept JaVale McGee and Rajon Rondo, signed DeMarcus Cousins and Green—and might be in the market for another shooter.

Portland went to the West final last season and have an elite backcourt in Damian Lillard and CJ McCollum. Utah had a brilliant summer. giving Donovan Mitchell more good players like Mike Conley to surround himself with. Houston still has James Harden and Chris Paul. Dallas figures to be better if Kristans Porzingis is healthy to run alongside Luka Doncic.

It's been a top-heavy league for a long time. Only five different franchises have represented the West in the NBA Finals over the last 20 years. In the East, it's five over the last 15 years.

Right now, the odds-makers in Vegas are predicting next June it'll be Clippers vs. Bucks.

A couple days ago the Lakers were the betting favorites. A new day is here in the NBA.

Angry Mets edge Phils after 4 HBP in heated game



Angry Mets edge Phils after 4 HBP in

heated game

NEW YORK (AP)—Todd Frazier got hit near the left elbow by an 85 mph changeup and was clearly annoyed.

After the game, Jake Arrieta went straight to his hard stuff.

"If Frazier's not happy about it, he can come see me and I'll put a dent in his skull," the Philadelphia Phillies pitcher said.

In the latest testy game between these NL East rivals, Tomás Nido hit a three-run double to put the angry New York Mets ahead in a 6-5 victory over Philadelphia that included four hit batters Saturday night.

Arrieta plunked three of them—and then challenged Frazier. The veteran third baseman had left the clubhouse and was unavailable for comment, the Mets said.

Jeff McNeil got four hits for the fourth time this season, boosting his major league-best batting average to .356, and the Mets snapped a six-game losing streak to Philadelphia that marked their longest in more than a decade. New York won for only the third time in 12 games overall.

Frazier and manager Mickey Callaway were ejected in a heated fifth inning, just moments before Nido's big swing.

"It's a rivalry. I think it's just kind of how it is," Mc-Neil said. "Some guys have gotten hit on both sides. But you know, a rivalry's always good. I mean, we're not throwing at anybody or anything like that. But yeah, it's fun to play against them. ... It's a good atmosphere.

Rays 4, Yankees 3

In St. Petersburg, Travis d'Arnaud hit a two-out homer off Chad Green in the bottom of the ninth inning, lifting the Tampa Bay Rays past the New York Yankees.

Aaron Hicks had tied it at 3 in the top of the ninth for the Yankees, homering on a 2-2, two-out pitch from Colin Poche (2-1).

D'Arnaud's winning homer against Green (2-3) into the right-field seats got the Rays back within 7 1/2 games of the AL East-leading Yankees, who had won the first two games of a four-game series in extra innings. Tampa Bay is 3-9 against New York this season.

Twins 7, Rangers 4

In Minneapolis, Michael Pineda struck out a season-high nine in six innings, Jason Castro had two hits and three RBIs, and Minnesota topped Texas.

Pineda (6-4) gave up five hits and a run on a solo homer



in the sixth inning by Elvis

Marwin Gonzalez homered for Minnesota. Taylor Rogers picked up his 12th save with 2 1/3 scoreless innings and five strikeouts.

Nationals 6, Royals 0

In Washington, Max Scherzer worked seven strong innings, Kurt Suzuki homered and the Nationals blanked Kansas City.

Scherzer (9-5) allowed four hits and struck out 11 with one walk. He has won seven straight starts.

Kansas City starter Glenn Sparkman (2-5) gave up four runs and nine hits in six innings.

Marlins 5, Braves 4

In Atlanta, Yadiel Rivera hit a go-ahead, two-run single in the fifth and Miami beat the Braves for the second time this season.

Caleb Smith (4-4) allowed four runs, three earned, in six innings in his first start since June 6.

Sergio Romo gave up a single in the ninth before recording three straight outs for his 16th save in 17 chances as Miami snapped a five-game skid.

Ronald Acuna Jr. led off the first inning with his 21st homer. Rookie Austin Riley homered in the second, but the Atlanta offense lost its momentum after a run-scoring single by Nick Markakis in the third gave the Braves a 4-2 lead.

Orioles 8, Blue Jays 1

In Toronto, Andrew Cashner won his third straight start,

Renato Nunez hit a two-run home run and Baltimore beat the Blue Jays.

Stevie Wilkerson hit a solo home run and Jonathan Villar scored three times. The Orioles used a five-run fourth inning to win their third straight.

Cashner (9-3) allowed three hits and one run, walked none and struck out four in seven innings.

Jimmy Yacabonis struck out the side on 13 pitches in the eighth and Shawn Armstrong finished for Baltimore.

Indians 7, Reds 2

In Cincinnati, Francisco Lindor homered twice, Roberto Perez connected on a tiebreaking shot in the eighth inning, and Cleveland won its fifth straight at Great American Ball Park.

The Indians have won nine of 11 games in Cincinnati and lead the intrastate series 62-50. They've taken two of three this season.

Cleveland has won five in a row overall, matching its longest winning streak of the season

Shane Bieber (8-3) allowed four hits in eight innings – three by Yasiel Puig , who had a two-run homer.

Astros 4, Angels 0

In Houston, Gurriel homered for the fourth straight game and Gerrit Cole pitched seven scoreless innings before two relievers completed the four-hitter as the Astros beat Los Angeles.

Gurriel's solo shot extended Houston's lead to 3-0 in the

sixth and gave him a 10-game hitting streak and the longest stretch of consecutive games with home runs in his career.

Cole (9-5) scattered three hits over seven innings while striking out nine to win his fifth straight decision.

Ryan Pressly allowed one hit in the eighth and Collin McHugh struck out the side in the ninth to help Houston to its sixth win in seven games.

Pirates 12, Brewers 2

In Pittsburgh, Kevin Newman and Starling Marte each drove in three runs, leading the Pirates over Milwaukee.

Newman had four hits, including a home run. Melky Cabrera also homered for the Pirates.

Dario Agrazal (2-0) allowed two runs in six innings after being recalled from Triple-A Indianapolis. The rookie righthander gave up those runs on two homers, one by Mike Moustakas in the first and another by Yasmani Grandal two innings later.

Cubs 6, White Sox 3

In Chicago, Jon Lester pitched into the seventh inning, and the Cubs beat All-Star Lucas Giolito and the crosstown White Sox.

Lester (8-6) went 6 1/3 innings, allowing three runs and six hits.

Giolito (11-3) got knocked out in a five-run fifth. He matched a season high by allowing six runs, walked a season-high five and gave up four hits in four-plus innings.

Javier Baez and Kyle

Schwarber had two-run doubles for the Cubs.

Yoan Moncada had two doubles, scored two runs and drove in one. But the White Sox lost their second straight after winning five of six.

Red Sox 10, Tigers 6

In Detroit, Andrew Benintendi and Mookie Betts finished a homer short of the cycle as Boston beat the Tigers in a game delayed more than four hours at the start by rain.

Benintendi went 4 for 6 with two singles, a double, triple and an RBI. Betts was 3 for 5 with a single, double, triple, a walk and two RBIs.

Jeimer Candelario homered twice for the Tigers, who lost for the 24th time in 27 home games.

Rick Porcello (6-7) struggled, but remained undefeated against his former team in five starts. He gave up six runs on nine hits in 5 2/3 innings.

Mariners 6, Athletics 3

In Seattle, Daniel Vogelbach and Kyle Seager hit two-run home runs in the fourth inning, Marco Gonzales won his 10th game and the Mariners beat Oakland.

The Mariners snapped a three-game losing streak. The Athletics had a two-game winning streak halted and lost for just the third time since June 24.

Vogelbach hit his 21st home run of the season with Domingo Santana aboard. Omar Narvaez followed with a single and Seager hit his two-run homer to shallow right.

Philadelphia Phillies' Rhys Hoskins, right, slides past New York Mets catcher Wilson Ramos to score on a single by Cesar Hernandez during the seventh inning of a baseball game Saturday, July 6, 2019, in New York.

Chris Bassitt (5-4) took the loss.

Giants 8, Cardinals 4

In San Francisco, Austin Slater hit a pinch-hit grand slam, San Francisco overcame an early injury to Madison Bumgarner and beat St. Louis.

Pablo Sandoval homered and drove in three runs as the Giants won for the sixth time in eight games. Kevin Pillar added two hits.

Paul Goldschmidt hit his 16th home run for St. Louis.

Bumgarner was knocked out of the game with an elbow contusion shortly after getting hit near his pitching elbow by a 91 mph line drive off the bat of Jose Martinez in the first inning. San Francisco's ace initially stayed in the game and wore a protective sleeve on his left arm when batting in the second. Manager Bruce Bochy made a change moments after Bumgarner took the mound to start the third.

Padres 3, Dodgers 1

In Los Angeles, Hunter Renfroe hit his second late-inning home run in as many days and San Diego held on for a win over the Dodgers.

Renfroe broke through in a scoreless pitchers' duel with a blast in the seventh inning off Kenta Maeda, his team-leading 27th of the season.

Manuel Margot's two-run homer in the eighth off Maeda made it 3-0.

Trey Wingenter (1-1) pitched 1 1/3 scoreless innings for the victory, while Kirby Yates pitched a scoreless ninth inning for his 29th save.

Maeda (7-5) had given up just one hit until Renfroe got to him with two outs in the seventh.

Diamondbacks 4, Rockies 2

In Phoenix, Jake Lamb hit his first home run in more than a year and Robbie Ray threw six strong innings to lead Arizona over Colorado.

Lamb broke a 1-1 tie in the sixth inning with a two-run shot that eluded Rockies left fielder David Dahl's glove and bounced off the top of the left-field wall. Arizona scored three runs in the inning.

Ray (6-6) held the Rockies to two hits in six innings, striking out eight despite five walks. He also drove in a run with a two-out single in the fourth.

Federer in record-breaking win at Wimbledon

Roger Federer has earned a record-breaking appearance in the last 16 at Wimbledon with a commanding 7-5, 6-2, 7-6 (7-4) victory over Frenchman Lucas Pouille last Saturday.

The 37-year-old Swiss has reached the second week of the grass-court grand slam for a 17th time, moving him ahead of Jimmy Connors for the most fourth round entries after his 98th Wimbledon win.

His long-term rival Rafael Nadal also eased through to the last 16 with a ruthless 6-2 6-3 6-2 victory over Frenchman Jo-Wilfried Tsonga to remain on course for a potential semi-final clash with Federer.

Federer broke serve in the twelfth game to take the first set and raced through the second set with three breaks to double his advantage.

"I'm happy that I'm able to raise my level of play," said Federer, who has only dropped one set so far in his opening match against South African Lloyd Harris.

"There was a great run of games midway through the second, also after winning the first.



USMNT inspired by USWNT's success

Concacaf

GOLD

NASHVILLE — Alex Morgan's "tea cup" celebration wasn't everyone's cup of tea.

Morgan scored the gamewinner for the U.S. women's soccer team during a 2-1 victory Wednesday against England in a Women's World Cup semifinal. She reacted by pretending to drink a cup of tea, which drew the ire of some on social media.

A lot of eyes will be on the team again Sunday, when it faces the Netherlands in France (11 a.m. ET, Fox) while trying to win the country's fourth title and its 12th World Cup match in a row, which would extend its record streak for the tournament.

It will be the U.S. women's third consecutive appearance in the final, also a first.

Among those eyes watching will be the U.S. men's team.

A day before it defeated Jamaica 3-1 in the semifinals on Wednes-

day in the CONCACAF Gold Cup, most of the team's players took in the women's victory.

"We've been watching all of it," U.S. men's coach Gregg Berhalter said Tuesday before the semfinal game at Nissan Stadium in Nashville. "There's lessons to be learned from what they're doing. When you think about the determination they show, the confidence they show—that's really great to see. They're at the World Cup and they're that confident of a group.

"They know they can be

pushed and they have no problem with it. They stay calm and keep executing.

I have a lot of respect for what they're doing. We're pulling for them in the

final.'

Berhalter then mentioned how it would be nice for the U.S. men's and women's teams to be playing for titles on the same day.

And so it will be.

The men face Mexico at Soldier Field on Sunday night (8 p.m. ET, Fox Sports 1) for the title, which would be their second in a row. The men have won a U.S.-record 10 consecutive games in the tournament, which is held every two years, and are the defending champions.

They'll be playing in their

record 11th championship match and would tie Mexico for the most Gold Cup wins with seven should they triumph Sunday.

They have outscored opponents 15-1 in five matches.

Though he and his team will have plenty to prepare for before their game Sunday night, midfielder Paul Arriola said they'll be pulling for the women's team before trying to win a title of their own.

"Shoot, we're so happy for them," he said. "They deserve it. They work extremely hard. We know what its like to play on the international level.

"We want them to succeed just as much as we want to succeed. If they succeed it helps us and helps everyone's view on U.S. soccer going the right way."

I like seeing moments like that in a match for me.'

eight-time The champion needed to endure a third set tiebreak en route to his 350th grand slam match win, which is also more than any other player in the Open era.

"The records mean something to me but not everything," added Federer, who is vying for a ninth title at the All England Club.

Federer will meet Matteo Berrettini on Monday after the Italian 17th seed beat Argentina's Diego Schwartzman 6-7 (5-7), 7-6 (7-2), 4-6, 7-6 (7-5), 6-3.

Nadal will face Portugal's Joao Sousa, who beat Britain's Dan Evans, 4-6, 6-4, 7-5, 4-6 6-4, as the 18-time major winner looks to add a third Wimbledon trophy.

"I played good quality of tennis. Honestly I felt very comfortable," said Nadal after his third-round win.

"It's important that after the way to be in the second week. That gives me some positive feelings.'

Japanese eighth seed Kei Nishikori also advanced after he surpassed American Steve Johnson with a 6-4, 6-3, 6-2 vic-

tory to line up a clash with Kazakh Mikhail Kukushkin, who brushed aside German Jan-Lennard Struff, 6-3, 7-6 (7-5), 4-6, 7-5.

American Sam Querrey defeated Australia's John Millman 7-6 (7-3), 7-6 (10-8), 6-3 to enter the second week of the tournament for the fourth time in his 12th appearance at SW19.

Querrey will face off against compatriot Tennys Sandgren, who beat Fabio Fognini, 6-3, 7-6 (14-12), 6-3.

During his loss to Sandgren at tiny Court 14, the 10thranked Fognini referred in Italian to the "damned English" and said he wished "a bomb would explode at the club."

The Italian ace later apologized, saying his comtough draw I was able to find a ments had come in the heat of the moment.

GAME

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bers of the Richard Sikkelcoached team and they will start their bid in the Pacific Games tomorrow in the swim events at the Samoa Aquatic Centre.

At the Apia Part Tennis Courts, the team event will kick off today with the CNMI battling Samoa in the women's division and Nauru in the men's category. Colin Sinclair and Ken Song will play in the two men's singles match for the Commonwealth team, while Isabel Heras and Carol are debuting in the women's division.

The CNMI is in Group D of pool play in the men's field and will also face Kiribati and the Solomon Islands. In the women's division, the CNMI and Samoa are in Group C with the Cook Islands and defending champion Papua New Guinea. Only the top finishers in each pool in the men's division will advance to the medal round, while the medal format in the women's has yet to be posted on the event's website, as there are only three groups in the event.

The CNMI's entries in the va'a-Mayiah Duenas, Kalea

Andrew, Jack Aahn, Steven Goodwin-wont be seeing action until tomorrow. Golf's Ryan Kim, Sebastian Camacho, J.J. Atalig, Marco Peter, and player/coach Joe "Kamikaze" Camacho will hit the greens of the Royal Samoa Golf Course on Wednesday, while athletics' Beo Ngirchongor, Zarinae Sapong, Traven Quitugua, and Lia Rangamar will be the last to compete for the CNMI, as their events are scheduled for next week.

Carol CNMI flag bearer Lee had the honor carrying the CNMI flag during the elabo-

rate opening ceremonies of the XVI Pacific Games at the Apia Park Stadium. Except for the CNMI Ath-

letics Team, the rest of the Commonwealth's delegation joined Lee in the three-hour celebration. Chef de mission Paul Plunkett and Northern Marianas Sports Association president Mike White also joined the parade of nations.

The opening ceremonies featured Samoan culture showcasing dance, legends, and sport and culminated with the lighting of the cauldron and followed by a 20-minute firework display.

LOVING

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Hands in every quarter.

Rueda had a game-high 25 markers for Far East, but was held to 3 points and one field goal in the pivotal third quarter. Sahagun and Mortos registered 14 apiece, but had only 2 points each in the third frame.

Meanwhile, Loving Hands will dispute the Bracket B title with Lakay this Saturday, while Marianas Variety and DC battled for Bracket A crown last night, but results of the match were unavailable at press time.

Loving Hands 88-J. Tabora 24, Tengco 18, Javier 16, Vilacrusis 8, Alipio 7, Quemado 7, Jr. Tabora 6, Nachu 2.

Far East 82—Rueda 25, Sahagun 14, Mortos 14, Baul 9, Fernandez 7, Galvez 6, Serrano 3, Salalila 2, Capalad 2.

Scoring by quarters: 26-19, 53-48 72-58, 88-82.

Last, toughest match for USWNT

LYON, France —The United States women's national team is not taking the Netherlands lightly ahead of Sunday's Women's World Cup final, as the Americans know they'll be facing their toughest opponent in this tournament.

Because for all the talk about how the quarterfinal win over France on June 28 was the "final before the final," and as close as their other two knockout-round wins were, Sunday's match against the Dutch at Stade de Lyon marks the first time this summer the Americans will come up against a team that knows what it takes to win a major title.

"They're the European champions," U.S. coach Jill Ellis reminded those in attendance at the pre-match news conference on Saturday.

"That's a very difficult thing to do," added Megan Rapinoe.

She would know. This is the USWNT co-captain's third World Cup final. She won one in 2015. She lost one in 2011. She's been on both sides in the Olympics, too, earning the gold medal at London 2012 and going home from Rio empty-handed four years later. The Dutch are a good team, she said. But their status



Netherlands' Vivianne Miedema works with the ball during their Women's World Cup quarterfinal soccer match against Italy at the Stade du Hainaut stadium in Valenciennes, France, Saturday, June 29, 2019.

natch against Italy at the Stade du world Cup quarterfinal s des Princes, in Paris, Frio at best in Europe means they has faced have been co

have something else.

"That takes a certain level of discipline and mental strength and all of the intangibles that we like to talk about outside of the playing field," Rapinoe said. "This team is tested against the best competition in this world in this tournament and obviously in Europe. So they have that idea of what it takes to win a champion-ship more than the other teams that we faced."

On the soccer side, they pose different threats, too. While the other teams the United States

United States' Alex Morgan controls the ball during their Women's World Cup quarterfinal soccer match against France at the Parc des Princes, in Paris, Friday, June 28, 2019.

has faced have been content to try and steal a goal on the counterattack, the Dutch like

"They have good variety, meaning they'll look to get in behind imme-

to keep the ball.

They're also adept at set plays. Playmaking midfielder Sherida Spitse is gifted enough to drop a ball onto the head of a teammate from any-

where in the final third of the field, and enters the title match leading the competition with four assists. With the ability to strike in different ways, the U.S. can't afford any lapses in concentration.

"They have good variety, meaning they'll look to get in behind immediately and they'll [also] look to play in front of you and around," Ellis said. "They're excellent in

their positioning in terms of being in good spaces to receive the ball. And

it's the 4-3-3 of the Dutch. It's what they live and breathe, and they've probably seen it since they were 5 years old, so they're very well schooled in that system."

The Netherlands also enters the match with little pressure. Against teams from their own continent, the Oranje are used to having a target on their backs. That won't be the case against the Americans.

"We are the underdog," coach Sarina Wiegman acknowledged. "We are fine with that." Yet as much as that designation might allow them to play free, Wiegman's team will be hard-pressed to pull off the upset if it has to play without star forward Lieke Martens, who could miss the match with a foot injury. "We're not sure if she can start," Wiegman said. "We'll decide [Sunday] morning."

History is also against the United States. The Americans might be the only team to have won three Women's World Cups, but only three champions, men's or women's, have ever repeated in the 89-year history of the event.

Ellis isn't burdened by that, just as Wiegman insisted there's no extra pressure to deliver the Dutch their first World Cup title after the men dropped back-to-back finals in the 1970s and also lost to Spain in the 2010 decider, cementing the country's reputation as the best to never to win it all. "Absolutely not," Wiegman said.

On the plus side, the U.S. enters the match with an extra day of rest for the first time at France 2019. But Ellis knows it will take a dialed-in performance and maybe even a little luck to retain the trophy. Overall, she feels her team is in a good spot.

"I feel so good about this group," she said. "They have a closeness that you're optimistic to have as a coach.

"But sometimes," she added. "It doesn't always come to fruition."

Dutch need to stop US from scoring early

LYON, France (AP) — It's easy for Netherlands coach Sarina Wiegman to see the huge challenge facing her team Sunday in the Women's World Cup final against the United States.

She only needs to take one look at the scoring charts. Alex Morgan has six goals and Megan Rapinoe has five. The U.S. has scored 24 goals in six games, including a jaw-dropping 18 in the group stage.

"The chances of us going behind are big," Wiegman said Saturday. "We will need to be very focused and sharp, especially for the first 15 minutes."

The reigning European champions are in their first World Cup final; the U.S. aiming for a fourth world title.

"We're the underdog. I'm fine with that," Wiegman said through a translator at a news conference. "They have a lot of confidence, won many tournaments and (been) at the top level for a long time."

Luckily for Wiegman, she has Sari van Veenendaal in goal.
Van Veenendaal made one of the saves of the tournament in the 1-0 semifinal win against Sweden on Wednesday, a brilliant reflex stop low down as she tipped Nilla Fischer's close-range effort onto the post.

But she is up against far more

clinical forwards this time.

"It's a different level," Van Veenendaal said. "But we've got good strikers as well, like Vivianne Miedema."

Van Veenendaal and the prolific Miedema are teammates on London-based Arsenal in England's Super League.

"I know how it feels to play with a striker with great qualities," Van Veenendaal said. "Hopefully she's prepared me well."

It should be a busy evening for the Dutch defense.

But there is reason for optimism because the U.S. has conceded one goal in all three knockout games. Spain looked dangerous in their round of 16 game, causing problems with quick breaks down the flanks.

"We'll definitely have an opportunity to get to them" said the 49-year-old Wiegman, a former midfielder who played for the North Carolina Tar Heels 30 years ago.

She was on the same team that season as famed U.S. forward Mia Hamm.

"What I picked up at the time was a huge positivity in developing team spirit," Wiegman said, reflecting on her time in the U.S. "I really felt a family feeling. In the Netherlands at the time, things were very different."



Women's World Cup Finals Facts

- The U.S. has reached the Women's World Cup final for the fifth time, at least two more final appearances than any other nation (Germany, 3).
- The U.S. is looking to retain the Women's World Cup, having won it in 2015 against Japan; only one other nation has won back-to-back titles—Germany in 2003 and 2007.
- The Netherlands is the eighth different team to participate in the Women's World Cup final—the only European nations to win the trophy are Germany (2003 & 2007) and Norway (1995).
- The U.S. is unbeaten in 16 Women's World Cup matches (W13 D3), winning the last 11 in a row. No side in FIFA World Cup history has embarked upon a longer winning run than USA's current streak of 11 (level with Brazil's men between 2002 & 2006).

- The Netherlands has gone 10 games unbeaten in all competitions (W9 D1), conceding just four goals in the process. The Dutch have won their last nine games in a row.
- In all competitions, the U.S. has lost just one of its last 44 matches (W38 D5 L1), a 1-3 defeat to France in January 2019.
- The Netherlands' Vivianne Miedema (32) has had a hand in the most shots at the 2019 Women's World Cup, attempting 24 shots (3 goals) and creating eight goalscoring chances (0 assists).
- The U.S. is 6-1-0 all-time against the Netherlands. The Americas won the most recent meeting, 3-1, at the Georgia Dome in Atlanta on Sept. 18, 2016, with Carli Lloyd and Allie Long scoring after Shanice van de Sanden had given the Dutch a lead in the second minute. The U.S. also benefited from a Dutch own goal.



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5 possible destinations for Westbrook

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Last, toughest match for **USWNT**

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SAIPAN TRIBUNE

Game on for CNMI athletes



By ROSELYN B. MONROYO roselyn_monroyo@saipantribune.com

SAMOA 2019 PACIFIC GAMES PHOTO Samoan students perform to welcome the participating countries in the XVI Pacific Games in Apia last Friday

NMI athletes will begin their respective bids in the XVI Pacific Games, as they compete in tennis, beach volleyball, badminton, and open water swim today in Samoa.

Beach volleyball's Tyce and Logan Mister will see action in pool play of Group A against Richard Batari and Claude Walo of defending champion

and No. 1 seed Papua New Guinea at 9am (6am Saipan time) at the sand court of the Apia Waterfront.

Over at the Multipurpose 1pm, Guerrero and company

Gymnasium of the Faleata Sports Complex, badminton's Nate Guerrero, Ezekiel and Daniel Macario, Janelle and Jordan Pangilinan, and Nicole Malasarte will also have 'TTTT a tough opening assign- XVI PACIFIC GAMES lifanua Sheraton Beach

ment in the mixed team event. The NMI bets will take on No. 1 seed Tahiti at 9am. Then in their second game at

will duel the hosts. In the open water swim, David Boyer, Lennosuke Suzuki, Sophia Gauran, and Jinju Thompson will compete in the 5-kilometer race in the waters off Mu-Resort.

Juhn Tenorio and Aika Watanabe are the other mem-

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oving Hands reaches finals



Loving Hands moved into the title match in Bracket B of the 2019 Civic

Center Basketball League after beating Far East, 88-82, last Saturday in Susupe.

Loving Hands gained a sizeable lead in the third quarter and thwarted Far East's repeated comeback attempts in the fourth to notch the second finals berth in their group and set up a championship showdown against Lakay.

Ahead by only 5 at the break, 53-48, Jun Tabora, Jude Tengco, and Jun Javier teamed up in increasing Loving Hands' lead to double digits after the third period, 72-58. Tabora had 6 points in the penultimate canto and all of them came from fastbreak plays, while Javier and Tengco contributed 5 and 4 markers, respectively. Junior



ROSELYN B. MONROYO

Loving Hands' Pisanty Nachu drives past Far East defenders during the fourth quarter of their semis game in the Civic Center caging last Saturday in Susupe.

Tabora and Ed Pangelinan scored the 5 other points for Loving Hands, while Far East had no player hitting more than a field goal in the third-quarter meltdown.

Jun Rueda and Andy Mortos tried to bring Far East back into the game in the fourth quarter, but fell short, as Jun Tabora, Tengco, and Javier were still there to knock in baskets that gave Loving Hands more breathing room.

Jun Tabora finished with 24 points, scoring consistently in all four quarters, while Tengco and Javier also tallied double figures, making 18 and 16, respectively. Javier was scoreless in the first canto, but redeemed himself in the second, firing 8 to keep Loving Hands in the driver's seat. Tengco teamed up with Jun Tabora in providing baskets for Loving

See LOVING on Page 26



Carol Lee is the CNMI's flag bearer during the parade of teams in last night's opening ceremonies of the XVI Pacific Games at the Apia Park Stadium in Samoa.

Burglars cause Cruz to miss Pacific Games

By ROSELYN B. MONROYO

Burglars robbed Bobby Cruz the opportunity to represent the CNMI in the XVI Pacific

A few hours before he left for Samoa, Cruz's car was burglarized at a laundromat and he lost important personal belongings, including his passport.

"I'm disappointed to not be participating because of this unfortunate turn of events. The thieves took more than just my belongings. They took an opportunity from me to compete and represent my home islands and left my team short one member," said Cruz, who was set to play in the tennis tournament in the Pacific Games.

The CNMI Tennis Team left for Samoa last Thursday morning and the burglary happened less than 10 hours before the group's flight. Cruz was supposed to join Colin Sinclair, Rob-

bie Schorr, and Ken Song on the men's team and also join forces in the mixed doubles event with one of the members of the CNMI women's crew made up of Isabel Heras, Carol Lee, Tania Tan, and Malika Miyawaki. Head coach Jeff Race and assistant coach Lydia Tan joined the Samoa trip last Thursday.

After missing the chance to represent the Commonwealth, Cruz wishes his teammates good luck. He also called on the community to watch each other's back

"I'll be rooting for them and all of Team CNMI. These are very hard times for many people, but we have to refrain from the temptation to take from others. What makes our community strong is that we help one another. We can't let that value die," said Cruz, who won medals for the CNMI during the 2010 Micronesian Games in Palau and a silver in canoe in the 2018 Micro Games in Pohnpei.